

In & Around Albany

A GUIDE FOR RESIDENTS,
STUDENTS & VISITORS



The symbol on the cover is the handsome working weathervane atop the newly restored SUNY plaza. It represents the Half Moon, the ship on which Henry Hudson sailed to the Albany area in 1609. As such, it serves as a reminder of the region's simple, dignified past and a testimony to her vibrant present.

In & Around Albany

by
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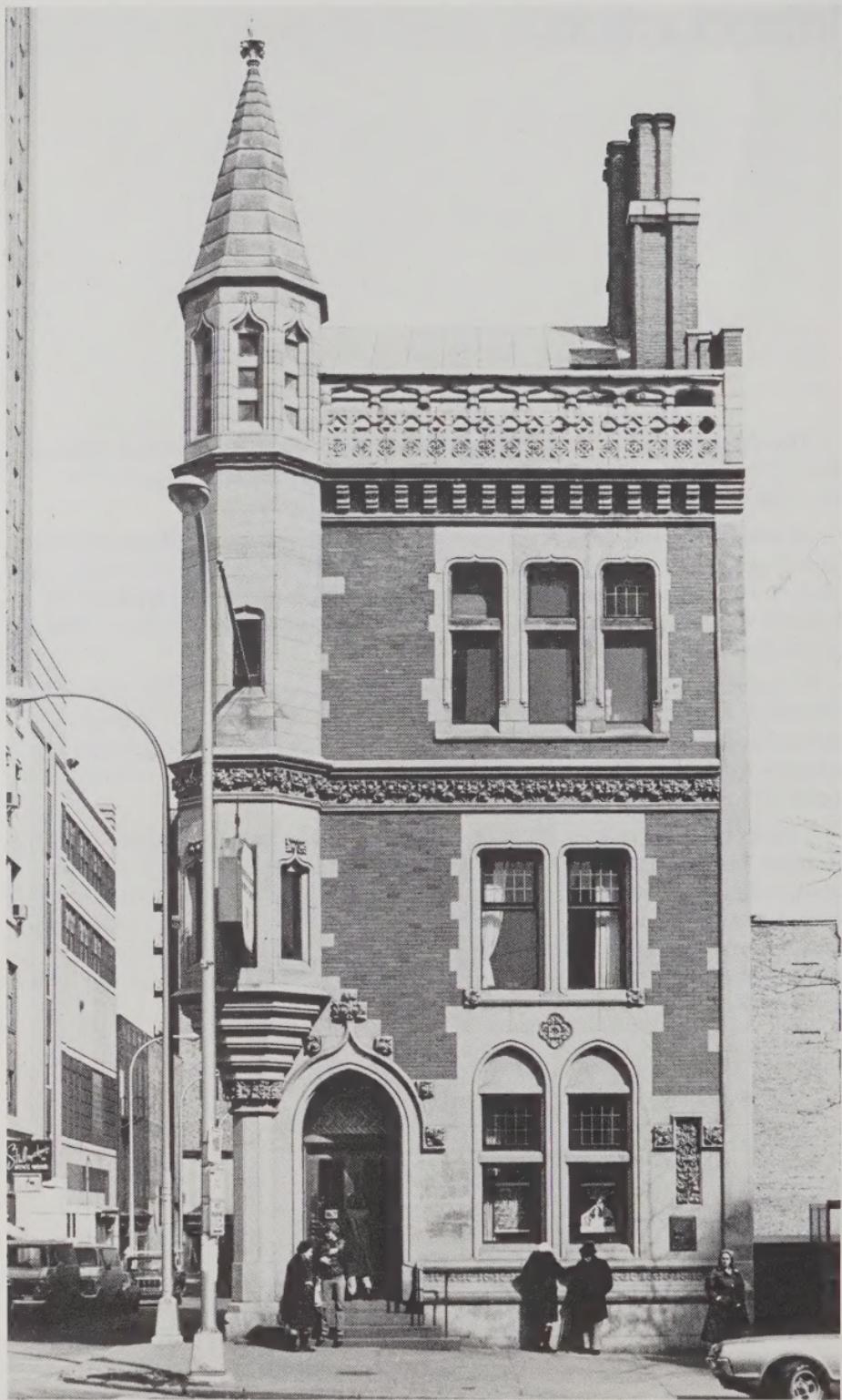
Introduction

The Albany area is an exciting place to visit and a wonderful place to live. There are interesting sites to tour and entertaining things to do throughout the year. The arts flourish; sports thrive.

In addition, within reasonable distance are major cultural attractions and magnificent natural settings. Mountains, lakes—even the ocean—are part of the environment residents consider their frame of reference. So too are the three major cities within easy driving range—Boston, New York and Montreal.

It is not always easy, however, to discover the assets of the region. No literature discusses the advantages of the area as a whole. Although specialized works describe the architecture or survey the restaurants or narrate the history, none portrays the wide spectrum of opportunity open to the visitor or resident.

This book attempts to fill that need. It is addressed to all who wish to partake fully of the many riches offered by the Capital District. It is a composite depiction of the history and the people, a compendium of information about schools, hospitals, transportation and reference sources and a comprehensive guide to superior drama, music, art, dance, restaurants, stores and hotels. It is, in short, an appreciation of the area.



Albany's Past

The earliest known residents of Albany were the Mohican Indians. They lived a simple existence along the banks of the Hudson River. Their chief sat at the peace sachem at Schodak, and Albany served as the great Fire Place of the Mohican where the tribe would gather for social and ceremonial events.

Their neighbors were the Iroquois, a powerful confederation of five nations—Mohawks, Senecas, Onondagas, Oneidas and Cayugas. One hundred years before the coming of white settlers, the Iroquois made war on the Mohicans in hopes of gaining possession of the Hudson Valley. They gradually succeeded, and in 1626, even the Mohicans who had resisted were driven off into the Berkshires—forever.

In 1609, into this region sailed a small ship, the Half Moon, under the command of Henry Hudson. The ship stayed four days (September 19-23) so that the crew could observe the land and test the waters for further navigability. Hudson returned to the Netherlands and gave a favorable report, but nothing developed further for many years. Then in 1624 the Dutch West India Company, anxious to establish a fur trading center, decided to found a permanent settlement in the area. Eighteen families, French-speaking Walloons from the South Netherlands, came up the river and built a fort and houses at what is now the foot of Madison Avenue and Broadway. This was Fort Orange. The Indians chose to befriend these settlers who were thus free to move about the land without fear of harassment.

The settlement prospered but it did not grow. The Dutch government wanted to strengthen its claim on the area. To encourage immigration, particularly of persons who would develop the land by farming, the Netherlands established a patroon system in 1628 which gave large tracts of land to anyone who would settle 50 adults on the land within 50 years. In this way Killian Van Rensselaer acquired 1250 square miles of land surrounding the Hudson-Mohawk River Valley. The settlers who came for Van Rensselaer at that time—really as indentured servants, for the patroon owner had feudal power over the land—were Swedes, Norwegians, Scots, Irish, Danes and Germans. These settlers quite naturally wanted to get in on the prosperity of the fur trade, so they

clustered their homes around Fort Orange. Squabbles arose and Peter Stuyvesant was summoned from New Amsterdam (New York) to bring peace. He recognized that for the patroon system to work, the new settlers had to be encouraged more actively to develop the land. He thus defined an area around Fort Orange proper as the Place of the Beaver (Beverwyck) and banned patroon settlers from that region. Thus agriculture joined trading as a major activity. The Iroquois, though engaged in their own constant war with the Algonquins, the tribe who had once occupied the region but who had been displaced to Canada and constantly sought to reclaim the land, maintained friendly relations with the European settlers. Indeed they taught the newcomers their considerable skill in farming, tanning, road building, and medicinal herbs.

With slow, steady growth, this state of peace continued for many years despite major events. When in 1664, for example, the Dutch surrendered the colony to England, the new government recognized all existing property rights and very few British settlers moved north. Thus the power structure remained essentially the same and the Dutch influence persisted.

Wars, perhaps more than anything else, brought changes for Albany, located at the crossroads of rivers and mountain ranges, was the inevitable place of embarkation and debarkation of troops. King Williams' War (1689-1697), Queen Anne's War (1702-1713), King George's War (1744-1748), and the French and Indian War, the conflict which pitted the British and Iroquois against the French and Algonquins (1754-1763), were all fought around or near Albany. Then, of course, came the American Revolution.

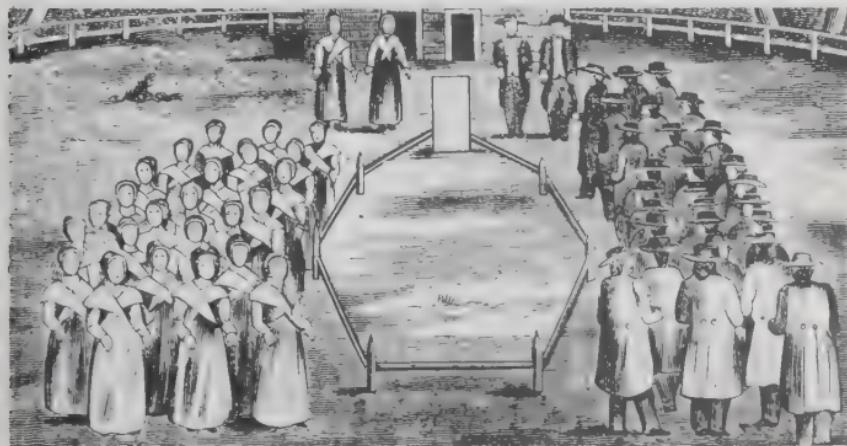


Albany's role in the Revolution was central. The citizenry was, as elsewhere, sharply divided. About one third believed in absolute loyalty to the crown, another third wanted reform in the way the British were governing the colonies, and the remaining third wanted complete liberty. Among the leaders of this last group were many of the principal Dutch families, the Van Rensselaers, the Schuylers and the Ten Broecks.

Since one third of the Revolution was fought in New York State, all of these people lived in quite constant fear of attacks by the British Navy, the British Army, Indians still friendly to the British, or Loyalists.

Albany's position in the struggle was pivotal. The British held New York City. The Americans held West Point. Together they crippled vital shipping. The British knew that if they could capture Albany they could easily seize West Point by simultaneous attack from the north and the south and could thus control all movement from Canada to New York City. But they could not take Albany. In 1777 the British Army's campaign was rebuffed at Saratoga. This battle is called the turning point of the Revolution because sagging American morale was dramatically lifted, because the French consequently agreed to fight on the side of the colonists, and because the British abandoned after that battle all hope of capturing Albany.

After the battle of Saratoga, life in Albany was less turbulent. In 1779 colonists fought against the Indians and the British to the west and in 1780-81 there were small retaliatory attacks right in the city of Albany, but thereafter little battling took place in the region.



Ironically, in those years of military tempest and political turmoil, there came to Albany a group of people whose way was of peace. In 1774 Ann Lee left England to settle in the New World with followers in the United Society of Believers in the Second Coming of Christ, the Shakers. They settled in Watervliet in 1776 and later established communal societies, the first at New Lebanon in 1787. Agriculturalists and craftsmen, they left a definite mark on the area, in spite of their small numbers and quiet ways.



So too did the other people who began to come in greater numbers. In 1710 there was a major influx of Palatine Germans. After the Revolution, the prospect of land and the lure of adventure brought about major movements of colonists, particularly from Connecticut and Massachusetts. Geography brought many of them through Albany; some of them stayed. Then came the waves of European immigration in the 19th century. Notable were the Irish who came first in the 1820's to work on the Erie Canal and later—one million of them between 1847-1869 to New York City—to escape the famine and its aftermath. In 1907 came large numbers of Sicilians in the last major ethnic immigration to the region.

The 19th century brought the railroads and the potential for growth. Once the rail link between Albany and Schenectady was laid, the cities began to grow toward one another. The 19th century also brought industry. The lumber and paper industries flourished as did iron works and the manufacture of products made of iron. But transportation was probably the single most important factor in the growth of the city. With the Erie Canal linking the Great Lakes with the Atlantic Ocean and the railroads linking the Northeast with the developing regions of the country, Albany became a center of "trans-shipment."

With the 20th century came major alterations in the region's economy and population. The shift from rail and water to road, the rising cost in labor and the increase in competition, the growth in government, the expanded demand for higher education and the increased call for medical care have induced in Albany a great movement away from the factory into the office. Today 28% of the population works for government with the next highest percent engaged in health care and education.

Population trends in the Capital District are typical of trends in urban areas. The post-World War II surge (1940-1960 showed growth of 21%) began to level off in the 60's (1960-70 showed gain of 4.7%) and has reached a state equilibrium (1970-75 showed net growth of .5%). The population of the city is 109,000.

Traces of its past can be seen everywhere in the area. Museums of course display treasures of former times or attempt to recreate life as it once was. But more palpable and real are the roads which follow Indian trails, the Republican System of orderly living, in part inspired by the Iroquois confederation, the clustering of the commercial heart of the city at the site the original Dutch trading posts—Fort Orange and Fort Frederick—the heterogeneity of ethnic groups among the population, the Dutch architecture on older buildings, the Indian and Dutch names on streets, buildings and clubs, and the continued preeminence of descendants of early settlers in the political, business and social life of the city.

The internal political history of Albany has often attracted national attention. Writer Frank Robinson* is probably correct in his assertion that Albany, from the days of the patroon system to the present, with very little exception, has been governed by oligarchy, a concentration of power in the hands of an approved group.

Even before the advent of "bossism" and political machines in America, the populace of Albany chose to invest power in a strong leader surrounded by influential colleagues. The Clinton family reigned for a while at the beginning of the 19th century; Martin Van Buren (8th President of the United States) and his coterie displaced the Clintons and held sway for a twenty-five year period now known as the Albany Regency.

At the turn of the century the governance of the city was dominated by the Republican Party under the strong hand of party chairman William (Billy) Barnes. In 1919 the O'Connells, four brothers from the South End, took advantage of the crack in the leadership of the Democratic Party, maneuvered themselves into the forefront, and challenged the presiding Democrats. With minor victories in hand they marshalled forces under the guidance of Daniel P. O'Connell. They astutely capitalized on a fuel scandal and took advantage of the recent passage of women's suffrage.

By 1921, a mere two years after their surge for leadership had begun, the O'Connells had replaced the Republicans at the helm. They had secured the election of their candidate, Hackett, as mayor and had managed the displacement of all Republican members in elected city and county offices—an astounding coup and one with lasting effects. To this day the Democratic Party commands those offices and solidly defeats reform movements that periodically arise both inside the party and out.

Every four years the nation's attention turns briefly to Albany area local politics, the mayoral race in particular. The mayor of the city, Erastus Corning, a Democrat favored by the late Dan O'Connell (who died February 28, 1977, aged 81), has been in office since 1941—longer than any mayor in any city in the United States, ever.

*Frank Robinson, Albany's O'Connell Machine (Albany: Washington Park Spirit Press, 1973).



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Points of Interest

Many streets, buildings, parks, and houses in the city have historical, architectural or cultural importance. The descriptions which follow correspond with the detailed map of the center of the city.

Tours of the city are arranged for groups by the Albany Institute of History and Art, tel. 463-4478, which focuses on sites of historic interest, and by Historic Albany Foundation, tel. 463-0622, which emphasizes revitalization efforts around the city. Neighborhood groups in the downtown area sponsor a house tour each spring.

City Hall, a fine example of the unique architectural style of H. H. Richardson, an important 19th century architect who foreshadowed the modern age, was erected in 1882. The recent cleaning of the building's exterior highlights the use of polychrome materials and carvings for which he was noted. The building houses the offices of the mayor and other city officials, three courtrooms, and the Common Council Chamber. A special feature of City Hall is the sixty bell carillon which sounds over the city each week day at noon. Visitors may tour the building guided by a fine self-tour booklet. Free.

The Court of Appeals, a beautiful structure both inside and out, is the oldest state office building in the city. The highest court in the state convenes here in a handsome oak courtroom lined with portraits of robed justices. Visitors are welcome to sit in on the hearings each afternoon or simply walk around the handsome rotunda and halls.

The New York State Bar Center stands opposite Academy Park and the Joseph Henry Memorial. In the late 60's the New York State Bar Association purchased the three 19th century townhouses on the corner of Elk Street opposite the Supreme Court and the Court of Appeals. The Association's announced plans to demolish the buildings and construct a modern complex on the site roused the local citizenry to furious protest. The Bar Association responded, and the two groups reached a compromise that attracted national attention and has served ever since as a model of what can be done to retain the old while adding the new.

Ada Louise Huxtable, architecture critic of **The New York Times**, called the building, "a sophisticated triumph in that most delicate, com-

plex and poorly understood art of the environment: urban design."

The Joseph Henry Memorial opposite City Hall was designed by Philip Hooker in 1815 as The Albany Academy, a private school for boys. When the academy outgrew this building, it was renamed the Joseph Henry Memorial in honor of Joseph Henry, who in 1830 discovered the properties of magnetic induction within its walls. The building today belongs to the city and houses the offices of the Board of Education. While the building is not open to the public for tours, groups make use of the auditorium upstairs on occasion.

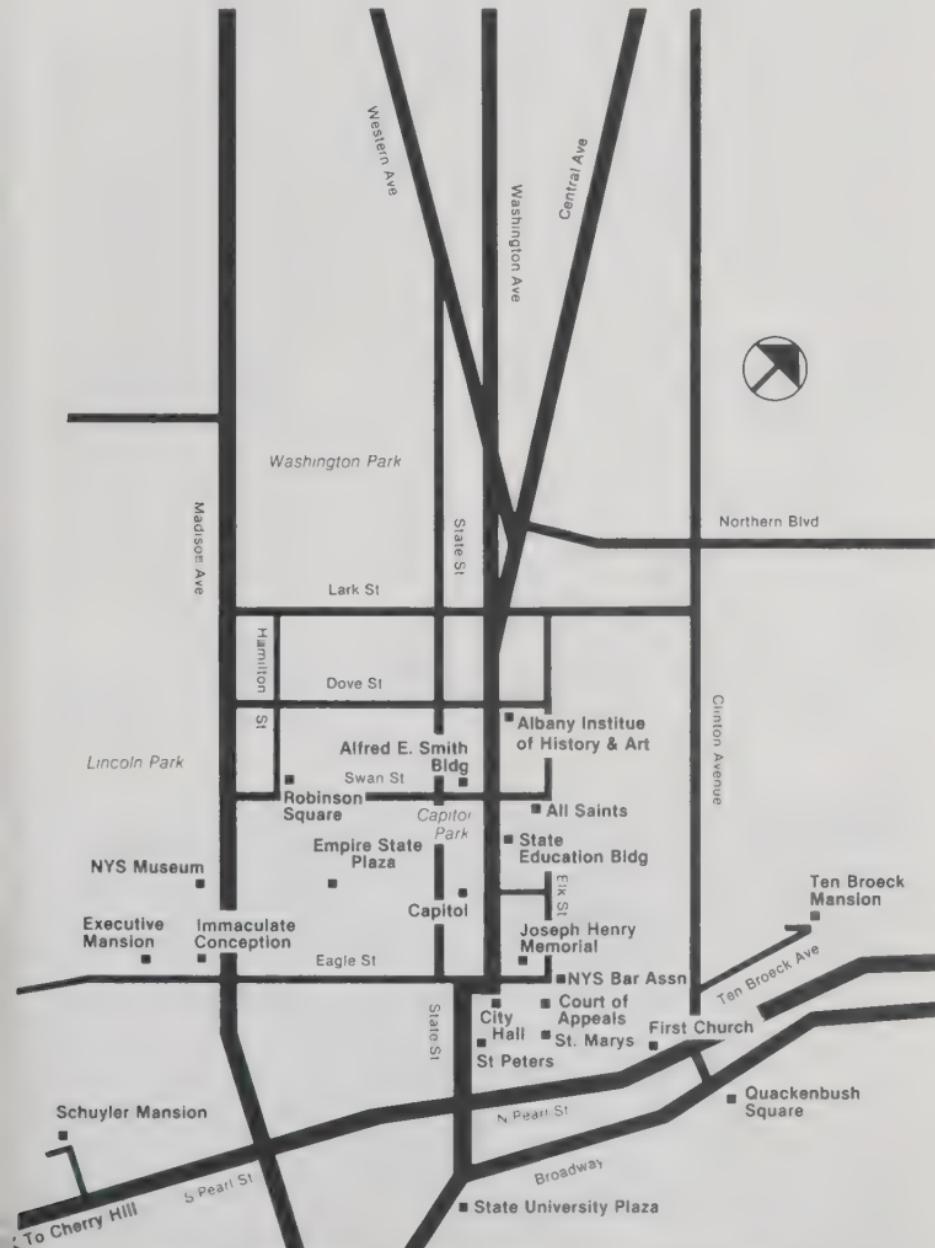


The Capitol Building, an ornate structure composed of many different architectural styles, took over thirty years to complete. Within its walls many major decisions were made and many careers were forged. The chambers of the legislature, the offices of the executive, the lobbies and the hallways—all of which are open to the public—serve as the forum for lawmaking in New York State. Visitors may see these rooms as well as the million dollar staircase or watch the legislature in session (usually January-May). Tours leave from Capitol Guide Center in the building, on the hour from 9 to 4 (summer on the half hour). Further information is available at 474-2418. Free.

Capitol Park, located at the front and back of the Capitol, is a favorite spot for people who work downtown. During the lunch hour street venders sell their wares while workers and local residents enjoy the formal gardens, the fountains, and the handsome statue of General Philip Sheridan.

Alfred E. Smith Building is a state office building named after a former governor of the state. On the facade of the building are inscribed the names of the counties of New York State. On the 31st floor is an observation tower open to the public during work hours; beneath the building is a tunnel leading to the Capitol.

Downtown Albany Points of Interest



State Education Building is the colossal structure on Washington Avenue to the north of the Capitol modeled on the Greek temple, the Parthenon. It repays close study, for many little touches of sculpture—such as the teacher and child on the lamps at the entry—should not be overlooked, though they are overwhelmed by the building's massiveness. The building houses many of the offices of the State Education Department.

Albany Institute of History and Art, 125 Washington Avenue, tel. 463-4478, traces its origins to 1791 and is thus one of the oldest organizations in the state. Its purpose is "to promote interest in history and to foster love of the arts" in the area. It sponsors tours, concerts and lectures, holds Antiquarian Book Fairs and Christmas Green Shows, and operates a Sales Rental Gallery. The McKinney Library, a part of the Institute, contains many books and records about the city. Members and non-members are invited to use the Luncheon Gallery and the Gift Shop.

The Institute is open to the public at no charge but is supported widely by the community through membership. Open T-Sat 10:00-4:45; Sun 2:00-5:00.

State University Plaza is the elegant grey Gothic structure at the foot of State Street on Broadway. Designed in 1918 by the prominent Albany architect Marcus T. Reynolds, it reflects the style of the Belgian Guild Hall. The six foot weathervane atop the building represents the Half Moon, the ship in which Henry Hudson sailed up the Hudson River in 1609. Formerly the offices of the Delaware and Hudson Railroad (hence its nickname among long time residents—"The D & H") and the **Albany Evening Journal**, the building once stood on an island. It has been renovated in recent years to house the central offices of the State University of New York and the apartments of the Chancellor of the University. Extensive preservation has restored the facade.

The public is welcome to stroll through the park in the front and the arcade which runs the length of the building. An art gallery displaying the works of SUNY graduates is open to the public.



Herman Melville House, 3 Clinton Square, was the childhood home of the author. A marker notes the site.

State University of New York at Albany, 1400 Washington Avenue. Although this institution is described in the chapter on education, the huge white complex itself requires comment.

The buildings rest on a flat surface carved from the once-rolling hills of the Albany Country Club golf course. Totally geometric in design, the campus has a rectangle of academic buildings at its center. At each corner a short distance from the rectangle is a square of residential buildings from which rises a square twenty-two story tower, also for housing. In the middle of the academic complex is a perfectly proportioned rectangular pool with a splendid fountain and a tall, slender carillon tower. Also on the campus are an observatory, a weather station, a greenhouse, a gallery, a gymnasium, an infirmary, a commissary and a meeting hall with solar heating. All the buildings except the last were designed by Edward Durrell Stone in 1964 to blend into a single pattern and theme and provide a homogeneous setting for the rapidly expanding University. Visitors are welcome to roam the grounds of the campus.

The buildings of the old campus, the red brick structures between Washington and Western Avenues, Partridge and Robin Streets, continue to serve as classrooms and dormitories. The University provides shuttle service between the two.

Cherry Hill, South Pearl Street, tel. 434-4791, is a charming colonial building built in 1787 by Philip Van Rensselaer and lived in by his family until 1963. It offers the visitor a rare opportunity to see the continuum of life in Albany for almost two hundred years. As each generation passed, it handed down the possessions it had accumulated; thus the house acquired vast collections of furniture, portraits, china, documents, textiles and other items. The accumulation of belongings came to possess a great deal of interesting variety and historic value. When Emily W. Rankin, the last member of the family, died in 1963, she left the house and its contents to Historic Cherry Hill, which opened the museum in 1964. The visitor will enjoy the warm, inviting atmosphere of this pleasant museum. Open T-Sat 10-4; Sun 1-4. Admission.



The Executive Mansion, 138 Eagle Street, is the official residence of the governor of the State of New York. It was built by the Olcotts in 1850 as a private home and was subsequently rented and then purchased by the State. In 1961 the Mansion was severely damaged by fire but has

since been completely restored and fireproofed. The art collection in the house represents many periods, from the Revolution to the present. The Mansion is not currently open to the public.

Schuyler Mansion, Clinton Street between Catherine Street and Fourth Avenue, is the once splendid home of Philip Schuyler, general in the Revolution. Known in its day as "The Pastures," the brick building was once surrounded by ten to twelve acres of rolling lawns and carefully tended gardens through which strolled many heroes of the Revolution and "Patricians" of the era, most notably LaFayette and Alexander Hamilton, son-in-law of the general. Visitors may walk through the house, which contains beautiful furniture, a unique stairway, portraits and accessories of the time. Behind the building is an herb garden duplicating that once tended by the Schuylers. A parking lot is available behind the building. Open W-Sun 9-5; closed holidays except Memorial Day, Independence Day and Labor Day. Free. [Directions: Drive East on Madison Avenue, turn right on Eagle, left on Morton, right on Elizabeth Street and then left on Catherine Street.]



Ten Broeck Mansion, 9 Ten Broeck Place, tel. 436-9826, a beautiful home of the Federal period, built as a residence for Abraham Ten Broeck and his wife, Elizabeth Van Rensselaer, in 1797-8. Ten Broeck was a member of the Colonial Assembly, a delegate to the Continental Congress, Brigadier General in the Revolutionary Army in the battle of Saratoga, member of the State Senate, Mayor of Albany and first president of the Bank of Albany. The house, also called Arbor Hill, served for a short time as a boys' school and then was reconverted to a private home by the Olcott family, who occupied the house for four generations. In 1948 the Olcotts presented this lovely mansion to the Albany County Historical Association. An interesting stir was created several years ago when a wine cellar of great value was unearthed beneath the building. Proceeds of the sale have been used to further restoration. Open T-Sun 2-4 . Free.

The Churches

There are three historically important churches in the city. All are open for visitors and all offer pamphlets describing the treasures and memorials on display within their walls and celebrating famous parishioners of the past.

First Church in Albany, North Pearl Street at Clinton Avenue, established in 1642, is the oldest church in upstate New York. It was originally housed in the "block church" often represented in old prints of the city. Although the building itself is of more recent vintage, the pulpit dates from 1656 and the weathervane is a reproduction of the original which is on display at the Albany Institute. The church retains an active community of worship and works to meet the social needs of the people who live in its sphere.

St. Peter's Church, State Street, was established soon after the English took over the settlement from the Dutch because the queen at that time, Queen Anne, was particularly interested in sponsoring missions among the Indians. Relics of the early days of the church remain. The bell, struck in 1751, is still used. There is, in addition, an interesting chapel dedicated to parishioners who served in World War II.

St. Mary's on Capitol Hill, built in 1798, occupies the site on which Isaac Jogues hid from the Indians who later executed him. The church is of interest too for the angel which graces its top, a departure from the cross traditional to a Roman Catholic Church.

Cathedral of All Saints, Elk and Swan Streets, is the seat of the Episcopal Diocese of Albany. The exterior, though unfinished, is impressive in its intent. The style of the interior, with its stonework and banners, enhances religious ceremonies. Also worthy of note is the Gothic front of the episcopal offices opposite the Cathedral's entrance. The Cathedral serves an active congregation and enriches life in the city by sponsoring concerts and cultural events throughout the year.

Cathedral of the Immaculate Conception, Eagle Street at Madison Avenue, is the seat of the Roman Catholic Diocese of Albany. Made of dark brownstone in the mid 1800's, it now sits in rather somber splendor

beside its neighbors, the ornate Governor's Mansion and the ultramodern Nelson A. Rockefeller Empire State Plaza. This setting seems to belie the fact that it is Albany's largest church.

Robinson Square, 325 Hamilton Street, tel. 463-5327, demonstrates what can result from cooperation between concerned urban residents and commercial interest groups. This row of brownstones of the 1850's was on the verge of being destroyed. Now it houses some of the most interesting and successful shops in the capital district and also provides attractive apartment living for city dwellers. Its location directly behind the Empire State Plaza and its use of available land for parking make it an appealing place for workers and tourists to shop and visit.

Quackenbush Square, corner of Clinton Avenue and Broadway, is a newly restored area nestled inconspicuously amidst the waterfront arterial, the Federal office building and the Palace Theater. The city undertook this project in 1976 as part of the bicentennial effort. The focal point is Quackenbush House, 1730, one of the oldest houses in the city. Brick sidewalks and carefully planted trees and gardens of the Dutch Colonial Period join the venerable house to the neighboring buildings of the turn of the century. The younger buildings house the offices of the city's Department of Water and Water Supply. Quackenbush House now serves as a restaurant.

The Port of Albany receives over 10 million tons of cargo each year, molasses, bananas, cars and gypsum being the principal shipments. A grain elevator with a 13,500,000 bushel capacity stores wheat to be exported to England, India and Russia. A continuing program of development and improvement insures a healthy future for the port.

The port occasionally hosts a visiting vessel, a sailing ship or a submarine, open for inspection by the public.

Cemeteries

Albany Rural Cemetery, Menands, holds some interesting individual graves—those of President Chester A. Arthur and the Schuyler family, for example. There is also some fine sculpture such as statues by Erastus Dow Palmer. One corner of the cemetery contains original stones moved from the early cemetery which was on State Street in what is now Washington Park. Also within its walls are graves of servicemen killed in every war fought by America.

Rensselaerville Historical Society undertook as a bicentennial project the recording of every tombstone and grave in area cemeteries. They should be able to provide additional information and referrals.

Many rural cemeteries in areas outside the city have survived the ravages of time. In Schoharie, stones erected in the 17th century bear German and Dutch inscriptions. Near the airport at Duaneburg is a small cemetery with early 19th century stones. Beaver Dam Cemetery in Oak Hill has some impressive and representative 19th and 20th century graves.

Fort Crailo, on the riverfront in Rensselaer, is the Van Rensselaer home reported to be the birthplace of "Yankee Doodle."

Quackenbush, Wagoner, & Reynolds

Architects—Planners

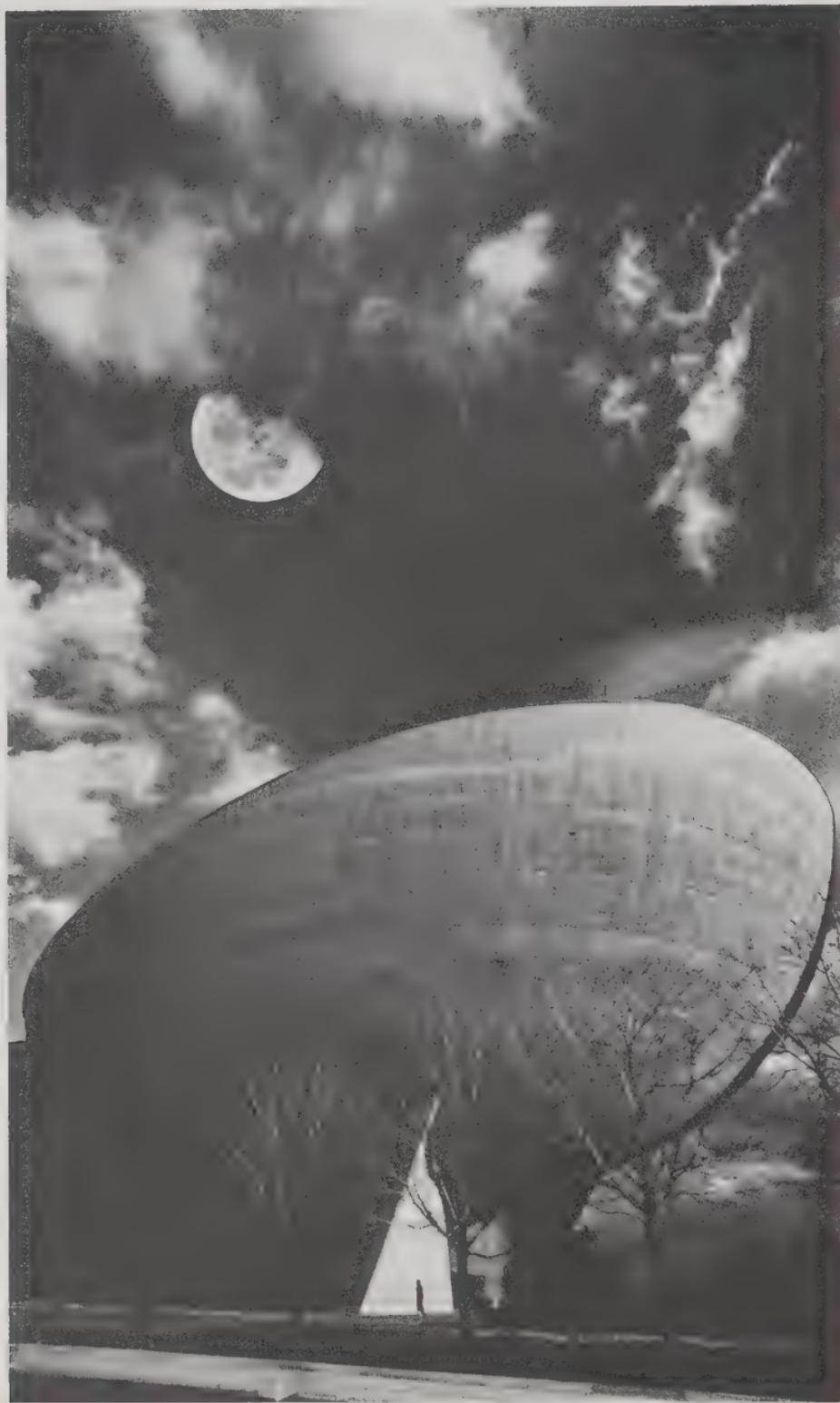
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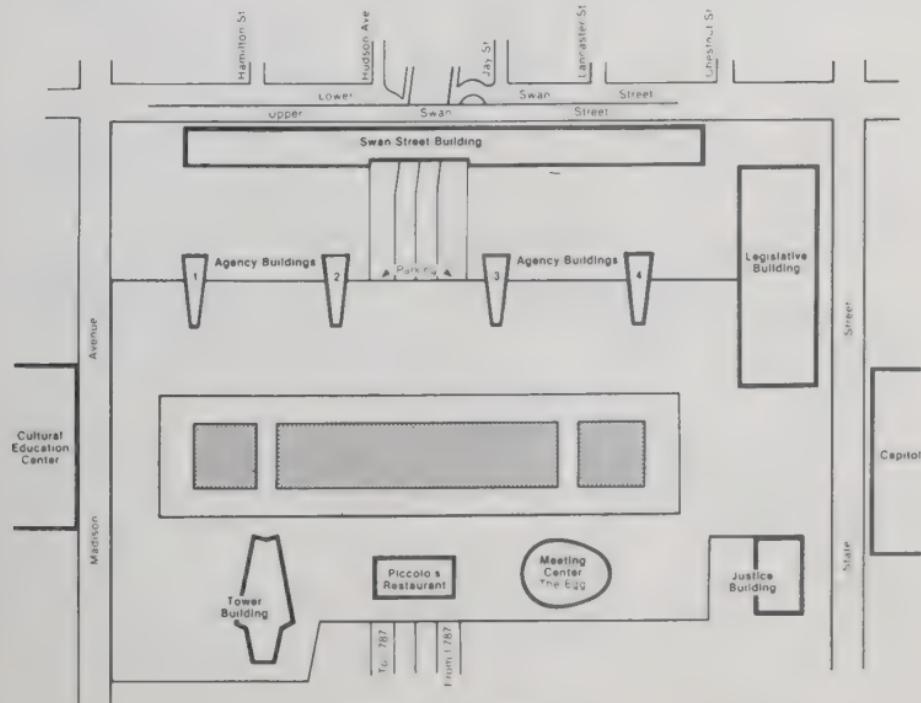
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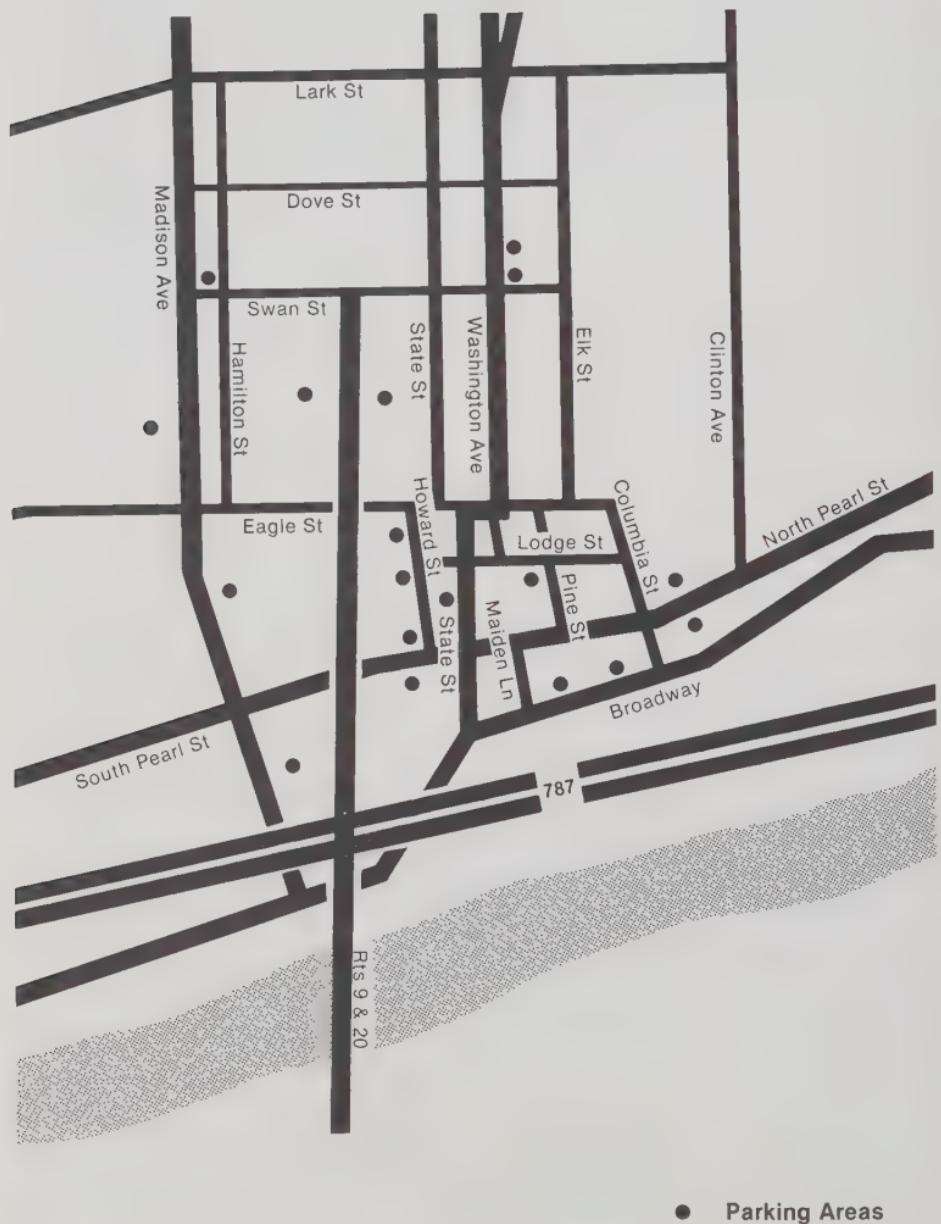
The Nelson A. Rockefeller Empire State Plaza

The Nelson A. Rockefeller Empire State Plaza, generally referred to as The Mall, dominates the southeast center of downtown Albany. This modern complex for state government houses state office buildings (with 11,000 employees), the Convention Center, "The Egg" and the Cultural Education Center.

Empire State Plaza



Downtown Albany Parking



The idea for the marble complex decorated by major works of contemporary artists was conceived by Nelson A. Rockefeller in 1962 during his term as governor. Designed by Harrison and Abramowitz (architects of Rockefeller Center in New York City) to be completed in the late 60's at an estimated cost of \$350 million, the structure was caught in labor disputes (inevitable when 2500 workers are under dozens of contracts at one time) and, as a result, the project was in fact completed in 1978 at an actual cost in excess of \$2 billion.

How to Use and Enjoy the Plaza

Parking

It is advisable to use one of the three visitor parking lots connected to The Mall since finding a place to park on the street is very difficult, especially on weekdays. The cost of these is nominal on weekdays; parking is free at night and on weekends.

One of the three lots is outside; it is located on Madison Avenue between the Cathedral of the Immaculate Conception and the Cultural Education Building. The other two lots are located inside The Mall. The entrances are off Swan Street for those driving toward the river and off the arterials for those driving away from the river. Access to both of these lots is clearly marked.

Private parking lots are scattered about the area just below The Mall. See accompanying map for location of all parking areas.

The Mall is not a static location to be toured once and then forgotten; rather it is a vital center of activity that rewards many return trips. The visitor can do some things all year:

- a. Visit the museum and library
- b. Inspect the architecture
- c. Tour the plaza level and enjoy the sculptured pieces
- d. View the contemporary art on the concourse level
- e. Travel to the observation deck to see the city and surrounding landscape

Other activities depend on either seasonal conditions or special scheduling. The visitor can, if the time is right, do the following, many of them at no charge:

- a. Attend lecture series offered jointly by the State Museum with State University of New York at Albany, the Albany Institute and the Office of General Services (the State agency responsible for the smooth operation of the complex).
- b. Attend exhibits and displays (e.g. car shows and crafts shows)
- c. Enjoy cultural activities offered at noon hour
- d. Attend open air concerts and fireworks displays
- e. Picnic in the parks along the Plaza

- f. Dine in the restaurants, cafeterias, and snack bars
- g. Attend theater, music, and dance performances
- h. Ice-skate on the rink; roller-skate on the plaza
- i. Stroll along the reflecting pool
- j. Participate in conventions
- k. Shop in the small stores along the concourse
- l. Rent the facilities for receptions or banquets for a group

Tours of The Mall are given seven days a week from 9 to 4, every hour on the hour. They take one hour and are free of charge. Information is available at information booths along the concourse, in the observation deck, at the Capitol Guides Center inside the Capitol Building or at tel. 474-2418.

Detailed Information About The Mall

- 1. Information Booths are located at several positions on the concourse level of The Mall.
- 2. "Events at the Empire State Plaza," a biweekly calendar of events, is distributed free at information booths in the complex and at other public buildings throughout the city.
- 3. "Up and Coming at the New York State Museum," a newsheet, is published periodically and sent to a mailing list. For information write:

The State Education Department
New York State Museum
Cultural Education Center
Albany, New York 12230

- 4. "Empire State Plaza News" is published at the end of each month and distributed free at information booths at The Mall, at the Museum, at libraries in Albany and Colonie, at Community Box Offices and at the Airport. It is published by Ann Bloodgood Rommel, 68 Kinderhook Street, Chatham, New York, tel. 392-9686.
- 5. These telephone numbers provide information:
 - a. about public affairs, 474-4712
 - b. about use of facilities, 474-4759
 - c. about tours, 474-2418
 - d. about Empire State Youth Theater, 473-4020
 - e. about events at the Museum, 474-5842
 - f. about ice skating, 474-6647
 - g. about programs and schedules, 474-0985.

The description of The Mall which follows will proceed along a path defined on the maps below. The starting point is on Madison Ave., the south end of The Mall. (The visitor should be aware of the fact that the length of The Mall from one end to the other is $\frac{1}{4}$ mile. A complete tour will therefore demand a walk of more than $\frac{1}{2}$ mile. At all points on the complex provision has been made for the handicapped visitor).

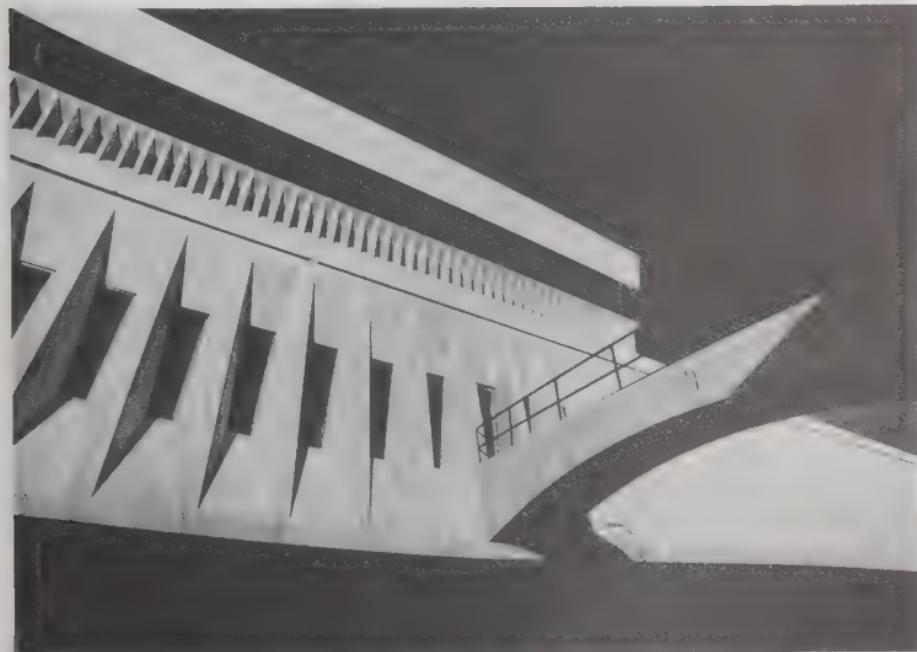
The Plaza Level

The Cultural Education Center is a multipurpose building housing the fine collection of books of the New York State Library, the archives of the State of New York, the offices of some of the State Education Department, as well as the Science Service, the Historical and Anthropological Services, and the permanent and changing exhibits of the New York State Museum.

The museum is to house three major displays: Man and Nature in New York State, the City of New York, and Upstate New York. The first to be completed is Man and Nature in New York State. This exhibit attempts, by the use of the newest techniques of museum display, to recreate for the viewer life in different times and places in New York State. Lifelike lumberjacks run trees down moving rivers; fishermen of a century past haul in the day's catch; animals stand poised to spring. The sounds of the birds of New York emerge from extraordinarily realistic reproductions of the trees of New York. Visual displays are supplemented by films, recordings, pictures and sketches. Of particular note is the award-winning film, "The Chronicles of Change," which plays every half hour on the quarter hour. This superior film provides an introduction to the purpose of the exhibits. It should not be missed.

Adjacent to the Adirondack section are two displays, one about the gems of New York, the other about the birds of New York. The New York Metropolis exhibit is scheduled to open next.

Also on the main level is a collection of antique fire engines and farm implements. The museum shop on this floor has an interesting assortment of gifts and books.



On the terrace level (fourth floor), the museum mounts changing exhibits, always described in newspapers or at the information desk at the main entrance. This level also affords a splendid view of The Mall as well as access to both the free form staircase at the rear of the building, and the grand staircase at the front of the building. This latter staircase provides seating for open air entertainment in the warm weather.

The museum building also houses an acoustically superb, richly comfortable auditorium with seating capacity of 460. Adjoining this room is a student center with smaller, well-equipped spaces for classes or meetings. The museum itself sponsors courses for children and special programs throughout the year. Groups wishing to participate in classes or make use of these facilities should call 474-4759.

A Reflecting Pool, with steel sculpture by Alexander Calder entitled "Triangles and Arches," extends from the Cultural Education Center.

Labyrinth, a teakwood sculpture by Francoise Stahly, incorporates visual design with areas for play and sitting.

The Tower Building, a forty-four story structure of Vermont pearl marble, houses the State Health Department as well as other government agencies. Visitors are invited to view the city from the observation deck on the top floor of this building. On weekends the visitor must enter the tower from the concourse level. Also of interest is the magnificent sculpture of the horse and rider located in the back of the building on the plaza level.

The Plaza Restaurant, Piccolo's, offers a splendid view of the complex and some of the older residential streets of the city. It is open Mon-Fri 11:30 am-midnight; Sat 5:30-midnight; Sun 3-9. For further description see the chapter on restaurants.

The Meeting Center, also known as "The Egg," houses two handsome auditoriums, one seating 950, the other seating 450. In addition to serving as stage for special events, these auditoriums are home base for the Empire State Youth Theater, the Empire State Youth Orchestra and the Noon Concert Series.

Sculpture Garden is an area decorated by the work of David Smith, a sculptor who lived nearby in Glens Falls.

The Justice Building is a beautifully simple building which contains many of the offices and courtrooms for the State system of courts.

The Legislative Building houses the offices of 210 members of the State Legislature.

The Four Agency Buildings, four identical pillar-like buildings of Vermont pearl marble, as their names suggest, provide office space for various government agencies.

The Swan Street Building, the low-rise, Georgian Cherokee white marble structure which extends the entire length of the west side of The Mall, houses the Department of Motor Vehicles.



The Pools and Fountains add color and sound to the plaza level. The smaller pool serves as a reflecting pool in the spring and summer and a skating rink in the winter.

The Snack Bar, an open-air restaurant, is operated in fair weather only.

"Two Lines Obligee," a stainless steel kinetic sculpture by George Rickey, moves its 54 foot needles gracefully and elegantly, propelled by changes in the wind.

The Platform

All of the buildings except the Cultural Education Center sit on or at the edge of the main building of The Mall, the Platform. It is difficult to think of this structure as a building because only its roof (the plaza) is visible from street level. In fact, however, the building descends six floors below the ground and has a square footage of 3,807,000—nearly twice the floor space of the Empire State Building. Four of the levels provide for parking, special laboratories, delivery facilities, and service areas (mailroom, duplicating machines, maintenance equipment). Above these are the concourse and the plaza.

The Concourse Level

Just below the plaza level, accessible by elevators or stairways inside any of the buildings, runs a mammoth hallway called The Concourse. Leading to and from this Concourse is a network of underground passages connecting all parts of the complex and leading also to the State Capitol on the other side of State Street. The visitor will be interested in the following features:

1. **The Collection of Modern Art** belonging to the people of the State of New York. This collection lines the walls of the entire concourse.
2. **Empire State Youth Theater**, a non-profit group administered by the State University of New York, and catering to the talents and interests of the young. This theater not only offers live theater at a

minimal cost to audiences in Albany, but also travels to schools throughout the state to sponsor an accredited internship program and to present performances and workshops. Productions are advertised in the newspapers. A year-round calendar is available by calling 474-1199.

3. The Convention Hall, a tiered room with stage and dance floor capable of being used as a theater, a ballroom, an exhibition hall, an auditorium or a large forum. The room, the only one of its kind in the area, may be reserved for use by calling 474-4759.

The Concourse also contains cafeterias, rest rooms, locker rooms for ice skaters, a post office, information booths, shops, banks, ticket offices and other services for the 11,000 persons who work in the complex and the thousands who visit. The information service also posts up-to-date notices on the many bulletin boards on the concourse level.

The width of The Concourse makes it an appropriate scene for major commercial displays like the ski show, the boat show and regional craft shows. Such events are advertised in advance in the local newspapers.

The Riverfront Pumping Station, a pair of pyramids set in a small park at the edge of the river, north of State Street, intrigues people who see it as they ride along the waterfront arterial, for its architecture gives no clue to its purpose. In fact, it processes and pumps 100,000,000 gallons of water per day to the fountains, pools and air conditioning plants of the Nelson A. Rockefeller Empire State Plaza. Its excellent design and proven efficiency have won awards for its designer, Archibald C. Rogers.

The Nelson A. Rockefeller Empire State Plaza Art Collection is an assemblage of contemporary paintings and sculpture commissioned or chosen for the space they occupy by a panel of experts appointed by the government of the State of New York. These works are displayed throughout the complex. The purpose of the collection is not merely to decorate the areas in which people work but "to symbolize the spirit of free inquiry and creative integrity which are so vital to modern society—and the duty of governments everywhere to protect and promote the right of the creative individual to live and work in freedom."

The art is owned by the citizens of New York. A pamphlet "The Empire State Plaza Art Collection," which identifies each of the items on very clearly marked maps, is available free of charge at the information booths on the concourse level.



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Sources of Information About the Albany Area

Newspapers

The **Times Union** (morning) and The **Knickerbocker News** (evening) are daily papers published by Capital District Newspapers. They do not run the same features nor do they ordinarily cover the same stories, so some residents subscribe to both. Those who want to choose between the papers should know that the **Times Union** carries a fuller real estate section and the **Knickerbocker News** prints a more complete entertainment section. Both papers include Friday's "The Entertainer" section with schedules and reviews of events in the area, and Saturday's T. V. schedule for the week. Both papers have active classified sections and offer post office boxes for those placing an ad.

Books

The **Albany Room** in the main branch of the Albany Public Library contains valuable records about Albany's history, geography, demography, sociology and politics. Because many of its holdings are irreplaceable, the room is kept locked. The visitor may request admission at the reference desk. Moreover, a librarian who seems to know the contents of all the volumes gladly provides skilled assistance.

Two older books provide the most comprehensive and authentic history of Albany: "The History of the City of Albany" by Arthur James Weise, 1884, and "Albany—Dutch, English and American" by Codman Hislop, Angus Press, 1936.

The Albany Room of the Albany Public Library holds copies of both books. Also of interest are three historical texts by Alice Kenney and the four volume pictorial collection of Morris Gerber edited by Stephen Schreiber.

- Kenney, Alice. Albany: Crossroads of Liberty. Albany, 1976.
- The Ganesvoorts of Albany: Dutch Patricians in the Upper Hudson Valley. Syracuse, 1969.
- Stubborn for Liberty: The Dutch in New York. Syracuse, 1975.
- Schreiber, Stephen. Old Albany (from the Morris Gerber Collection) Albany, 1961-1970-1971-1979.

William Kennedy, an excellent contemporary novelist who writes about local cultural history and events, has published two novels set in the city. Legs describes the later years of Legs Diamond, the underworld figure of the 20's who was a frequent visitor to the city and died in the city after being shot on Dove Street. Billy Phelan's Greatest Game derives its plot from machine politics in Albany and the colorful life of downtown in the 1930's. Mr. Kennedy continues to turn his talents to Albany material. A third novel will soon be released.

Writings From the Beaver Trail is an anthology of memoirs, poems, historical essays and short fiction by senior adults of Albany and Rensselaer counties. Printed in large type, in braille and on audio tape, it will be available soon at the public library and at local bookstores.

The Conservationist is a beautiful and interesting magazine published bimonthly by the New York State Department of Environmental Conservation. It treats topics of interest to those concerned with wildlife, waterways, land and buildings. For information or subscription forms, write The Conservationist, P. O. Box 1500, Latham, NY 12110.

Adirondack Life is a stunning magazine about the natural beauty as well as the arts, crafts, recreation, history and conservation of the area. Sample copies and subscriptions are available at Adirondack Life, P. O. Box 161, Uxbridge, MA 01569.

Booklets

Four booklets are available through the civic agencies that published them.

"Albany, New York: The City in the Country" has been prepared by the City of Albany for distribution by the Albany Area Chamber of Commerce, 90 State Street, Albany 12207, tel. 434-1214. It describes the economic life of the city for its intended audience, the prospective business investor.

"A Historic Tour of the Saratoga-Capital District Region," compiled by the New York State Office of Parks and Recreation, Agency Building 1, Empire State Plaza, Albany 12238, describes local sites of historic significance and charts possible combinations of sites into enjoyable tours.

"Albany Architects: The Present Looks at the Past," a booklet prepared by Historic Albany Foundation, 300 Hudson Avenue, Albany 12210, describes and comments on many of the interesting buildings in the city. It is available through Historic Albany Foundation.

"4 County Human Services Directory," published in July, 1978, by the Council of Community Services of the Albany Area in cooperation with three other local councils, lists and describes the 650 social agencies in the area. It is available at the public library or through the offices of the Council at 877 Madison Avenue, tel. 489-4791.

Other Publications

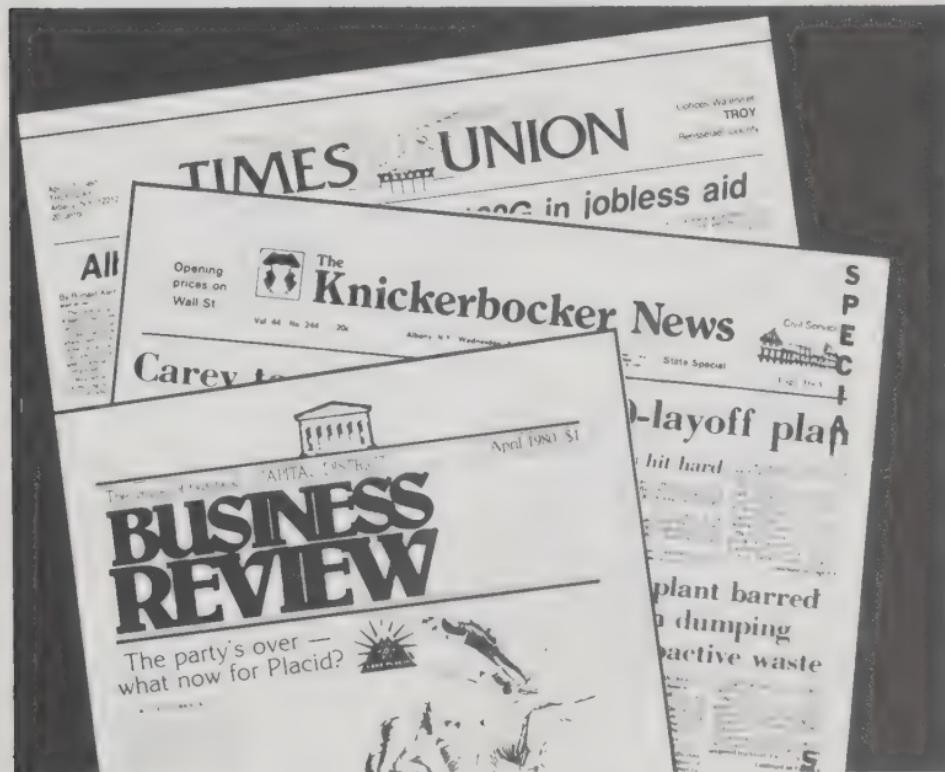
Four recent publications are available at newsstands and bookstores.

"Annies' Expeditions: Where to Go, What to Do in the Capital District Area," by Patricia G. McLean, 1977.

"A Look at Metroland: A New Guide to its History and Heritage," by Robert M. Toole, 1976.

"Quick Guide to Albany," ed. Robert C. Luther, 1975.

"Capital Cuisine: A Guide to Dining in the Capital District Including Saratoga Springs and Lake Placid," by Sara Bassett and Pat Titterton, 1979.



Periodicals

Business Review, 105 Wolf Road, tel. 458-7000, is a monthly publication devoted to the business and financial community of Northeastern New York State. The Review is available by subscription or at newsstands. It is distributed free to members of the Chamber of Commerce and a limited number of copies are supplied to area hotels and restaurants whose patrons move into and out of the area.

Albany City News, a monthly publication of the city, is free and available at libraries, city offices, and area information booths. It describes and comments on actions taken by the city government and opportunities available in the city.

Television

Four local stations are available to all homes.

- (6) WRGB, an affiliate of NBC
- (10) WTEN, an affiliate of ABC
- (13) WAST, an affiliate of CBS
- (17) WMHT, the public television network

Programming is announced in the local papers, and members of WMHT receive monthly schedules. For membership in WMHT call 356-1700.

Capitol Cablevision brings fifteen additional stations as well as 24 hour teletype of Reuters News Service, Wall Street prices, weather, off track betting and T.V. programming for a monthly fee. For an additional fee the subscriber may add Home Box Office which runs recent feature length films—uncut and uninterrupted. There is an installation charge. For information call 489-2951.

Radio

This region has access to excellent radio programming. The stations are many in number and varied in their offerings. Schedules are not published in the newspapers, but the following capsule descriptions of station emphasis, taken from the capital newspapers, should help the newcomer find something pleasing.

AM Stations

- WABY (1400) Mod country
- WCKL (560) Adult contemporary
- WGY (810) Adult contemporary
- WHUC (1230) Adult contemporary
- WOKO (1460) Country
- WPTR (1540) Adult contemporary
- WQBK (1300) All talk with personalities
- WROW (590) Traditional and middle-of-the-road music
- WTRY (980) Contemporary rock
- WWWD (1240) Adult rock

FM Stations

- WAMC (90.3) Public affairs and classical music
- WCDB (91) Contemporary rock
- WFLY (92.3) Contemporary
- WGFM (99) Top 40/oldies
- WGNA (107.7) Country western
- WHRL (103.1) Beautiful music
- WHSW (106.5) Beautiful music
- WMHT (89.9) Classical music
- WQBK (104) Album rock with live personalities
- WROW (95) Beautiful music
- WRPI (91.5) Progressive jazz, soul, folk and some classical
- WWOM (101) Disco
- WVCR (88) Contemporary music

WMHT and WAMC, both listener supported stations, send monthly programs to subscribers.

Maps

A good map of the tri-city area is available at Albany Area Chamber of Commerce, 90 State St., tel. 434-1214.

Capital District



Calendars of Events

The chapter on the Empire State Plaza lists the calendars published to describe events on the plaza. Two other calendars are printed periodically:

KITE: Weekly Guide to the Arts and Entertainment, 1104 Central Ave., tel. 459-8455, available at newsstands or by subscription, reviews and describes upcoming events. It is invaluable for the resident interested in cultural activities.

The League of the Arts Calendar, a monthly listing of cultural events, is available through membership or at 135 Washington Avenue, tel. 449-5380.

Mailing Lists

Mailing lists are used by many area groups to keep their supporters informed of upcoming events. Colleges, museums, galleries, theater companies, dance troupes, professional societies, neighborhood groups, libraries, musical societies and area night spots periodically send out notices to those they know are interested. Addresses of such groups appear throughout the book.

Telephone Numbers for General Information

Call for Action (Consumer Assistance) 462-6445

Federal Tax Assistance 449-3120

State Income Tax Assistance 473-7160

Ski Conditions 436-4791

Dow Jones Report 869-2444

Twenty-four Hour News 456-1633

Weather (Time and Temperature) 476-1111

Agencies

Albany Convention and Visitors Bureau, 90 State Street, tel. 434-1217, has as its main objective the promotion of the area. It serves to assist in the smooth functioning of events scheduled in the city, performing such services as providing typewriters, brochures and badges, and coordinating the needs of groups with facilities at meeting sites and hotels.

Albany Area Chamber of Commerce, 90 State St., Albany 12207, tel. 434-1214.

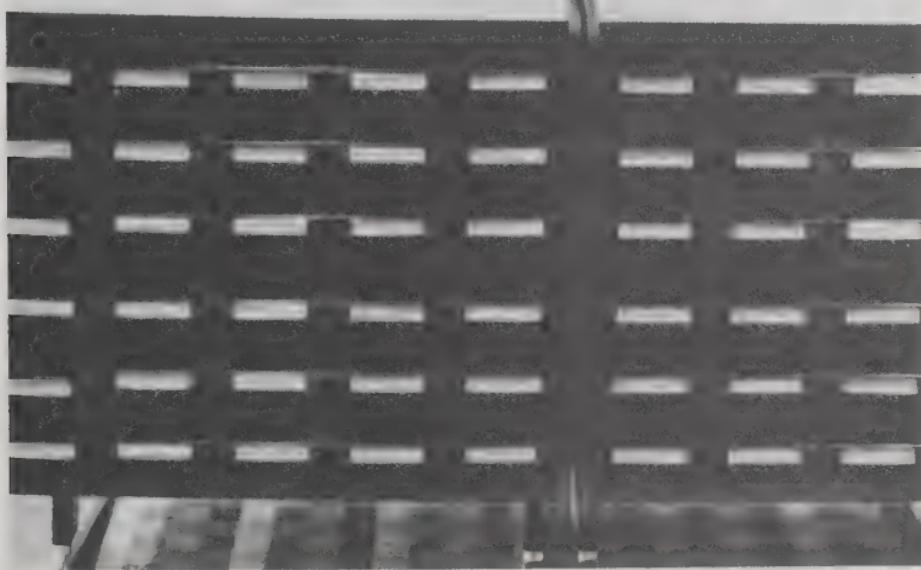
Albany Historical Association, 9 TenBroeck Place, tel. 436-9826, will answer questions about Albany's past.

I Love N.Y., A Commerce Department venture designed to promote the products and tourist attractions of New York State, has an information office at 99 Washington Ave., tel. 456-8369. Excellent maps and interesting brochures available upon request.

The Albany International Center, Inc., Wellington Hotel, Room 202, 136 State Street, tel., 436-9741, is a quiet organization which provides service and advice for the foreign visitor and the foreign temporary resident and seeks to allow the presence of people from other countries in the city to enrich life in Albany. It gives members of the community the opportunity to meet, entertain and offer hospitality to visitors with the assumption that the host family will at the same time gain greater knowledge and understanding of a foreign culture. In recent years it has concentrated its efforts in the resettlement of refugees from Viet Nam and Cambodia.

New York State Legislative Forum is a non-partisan, non-profit group whose purpose is to stimulate active interest in New York State Legislation by providing information on current issues. The Forum meets for twelve consecutive Tuesdays during the legislative session to report on bills before the Legislature and to discuss current issues with state

leaders. A weekly "Clipsheet" reports on bills discussed. Meetings start the first Tuesday in February, from 10-12 AM in Chancellor's Hall (in the State Education Building).





Transportation

Public Transportation

Buses run frequently and on schedule in Albany. Routes follow the main arteries and make special concessions to major residential complexes. Exact fare is required, with free transfers provided for those who must travel on more than one route. Commercial banks sell tokens at 5 per cent discount. Senior citizens and children ride at reduced fare. Bus passes are available to school children for use to and from school.

The Capital District Transportation Authority (CDTA), which controls the buses, runs a special service called **Freewheeler**. This allows for free bus transportation 9-6 on Sat. and 9-3 on weekdays within the downtown area defined by Lark St., Madison Ave., Broadway and Clinton Ave.

Schedules are available at banks and office buildings throughout the city. CDTA staffs an information number, 482-8822, which provides accurate, courteous responses to questions.

Buses are also available for charter as described below.

Charter Buses—For events within Albany, Schenectady, Rensselaer or Saratoga County, CDTA offers charter service at very reasonable rates. For information and reservations, write CDTA Charter Sales, 110 Watervliet Avenue, Albany 12206 or call 457-5894 (8:30-4 weekdays).

For events outside this area reliable charter service is offered by Yankee Trails, tel. 286-2400, or Mountain View, tel. 756-2176.

Sunya runs a shuttle service between the new campus, the old campus and the Wellington Hotel. The silver-green buses, intended for use of students, faculty and staff only, keep a tight schedule.

Inter-City and Inter-State Buses

Adirondack Trailways, 360 Broadway, tel. 436-9651, services many small localities in New York State and offers connecting routes to many major cities from New York City. The line has commuter services to Albany from as far west as Gloversville and in summer runs routes north to popular vacation sites. Schedules are available at the terminal.

Greyhound Bus Lines, 34 Hamilton Street (near Madison and Broadway), tel. 434-0121, provides direct service to major American cities. Into its terminal come buses of other lines to provide connections to other states.

Both bus lines offer excellent package express service to the regions they serve.

Taxis

Taxis can be found at stands at the railroad station, at the airport and at the bus terminal, or may be called at 465-4757, 463-4455, 472-9177 or 465-5555. They operate on a fee schedule determined by zones and are shared by passengers headed in a common direction, all of whom pay the set fee. Suburban regions have their own taxi services listed in the yellow pages.

Trains

The **Amtrak** station, tel. 462-5763, is located across the river in Rensselaer. It is reached by car along a route well marked by green signs. Trains run regularly and fairly close to schedule. The trip to New York City is particularly beautiful, for the tracks run along the Hudson River.

Peripheral Parking

Peripheral parking with charter bus service to downtown is available for state employees at two locations: Washington Avenue lot, opposite the SUNYA campus, and the McCarty Avenue lot, adjacent to Exit 23 of the New York State Thruway. Buses run every five minutes at peak commuting hours and make six stops downtown. Between peak hours a shuttle service operates from each of these lots every 45 minutes, weaving among other state office buildings. Schedules for this service are available from the Bureau of Parking Services, tel. 474-8118.

Airplanes

Albany County Airport, located off the Northway at Exit 5, is served regularly by American Airlines, tel. 463-5551, Braniff Airlines, tel. 869-9511, Command Airways, tel. 465-3596, Eastern Airlines, tel. 436-4721, and U. S. Air, tel. 462-5881. Most other major airlines have offices in the city or have toll-free numbers listed in the directory.

The airport is large enough to be efficient and small enough to be accommodating. Globe trotters at the end of long journeys and endless ramps sink blissfully into the simplicity of this airport.

Airport Limousine Service

Service to the Albany Airport is available through Airport Limousine Service, tel. 869-2258. The service runs M-F on the hour from 6 am to 6 pm from four pick-up points, as follows: Washington Ave. side of Capitol on the hour; Wellington Hotel at five minutes past; Best Western Inn Towne at ten past; Madison Ave. side of the Mall at quarter past. Arrival at airport is at half past.

Limousine service to Kennedy International Airport and LaGuardia Airport is available through **Hudson Valley Porter**, tel. 458-2273. The service runs every day from the Turf Inn, Wolf Road on a reservation-basis only, with twenty-four hours advance notice required. The fee is reasonable. Return arrangements must also be made in advance. Returning passengers notify the service of their actual arrival by using the red telephone in the baggage claim area in the New York airport.

Car pools are not coordinated by any central office. Bulletin boards in office buildings sometimes display requests for rides or riders. City and business leaders are cooperating to make these arrangements more attractive.

Road Names and Numbers

Sometimes the interchange of names and numbers of routes confuses the newcomer. The following is a list of various names for the same roads.

The Adirondack Northway	I-87
The Thomas E. Dewey	
New York State Thruway	
Albany to Buffalo	I-90
Albany to New York City	I-87
Western Avenue	Rte. 20
Central Avenue (Albany-Schenectady)	Rte. 5
The Slingerlands By-pass	Rte. 85
The Riverfront Arterial	787
Troy-Schenectady Road	Rte. 7
East-West Arterial joining Northway, Exit 24 of Thruway and Massachusetts Turnpike	I-90
Delaware Avenue and Loudonville Road (past Latham)	Rte. 9





Community Development

The course of events in the city of Albany resembles in many ways the plight of many American cities in the post-war period. The overcrowding of many urban neighborhoods and the mobility provided by automobiles and roads led to the growth of suburban residential communities and the rise of peripheral shopping centers. However, in Albany, two factors—the Nelson A. Rockefeller Empire State Plaza and feisty neighborhood groups—served to bring the disadvantages of such a trend into sharp focus early enough to make reversal possible. The Mall, by requiring for its base the destruction of about 1000 buildings, caused many Albanians to question the wisdom of any further demolition. So dramatic was the hole created by the wrecker's ball that it provided a visible warning sign.

The neighborhood groups, made up of citizens who simply preferred city life to suburban life, relentlessly challenged those who sought to remove or alter city buildings. They endured years of noise and soot as the urban renewal projects continued all about them. They went to hearings, wrote letters, gathered information and delivered speeches, all despite the economic uncertainty of their cause and the unflagging ridicule to which they were subjected. Their efforts have born fruit and the areas south and west of The Mall now provide the variety of housing and small commercial conveniences that the ancestors of the city intended.

With the help of these groups and government funding the rebirth of the downtown area continues.

The Community Development Program is administered by the **Albany Rehabilitation Assistance Program**. Through these programs, owners or prospective owners of property in the region of Arbor Hill or the South Mall can apply for advice about property as well as financial support in the form of grants of $\frac{1}{3}$ to $\frac{1}{2}$ the rehabilitation cost. It also provides for groups of owners engaged in rehabilitation to seek city cooperation in the planting of trees and the repairing of sidewalks. The number to call for information is 472-5200.

The Preservation League of New York State, 13 Northern Blvd., tel. 462-5658, is a statewide group which has as its purpose the stimula-

tion and encouragement of public participation in historic preservation throughout the state. It helps local communities set and attain goals and retain perspective.

Historic Albany Foundation, 300 Hudson Ave., tel. 463-0622, is a non-profit organization of area residents interested in "the preservation and revitalization of architecturally and historically significant downtown neighborhoods and districts." It arranges lectures and tours, monitors zoning regulations, seeks historic designation and protection of threatened areas and operates a revolving fund for the purchase and renewal of structures with potential. The Foundation, always interested in new members, makes belonging very enjoyable by holding social gatherings inside some of Albany's most beautiful buildings.

Adaptive Reuse

It is also interesting to follow instances of adaptive reuse, the conversion of interiors designed for one function into space suitable for another, often quite different, purpose. This trend is one which brings economic, cultural and architectural gain to the city. Not only does adaptive reuse preserve exteriors, it also sustains a continuity with the city's past, supports other existing businesses in the downtown area, and makes sensible use of superior construction and artistry. Major examples of this work are Austin and Co., the Argus Building, the Bar Association, the Brewster Building, the DeWitt Clinton Apartments, LaSerre Restaurant, Ogden's Restaurant, Robinson Square, SUNY Plaza, Union Station and the former YWCA building.

Parts Warehouse, 206 North Pearl Street (Old School No. 5), tel. 463-0622, is a venture run by Historic Albany Foundation to make reusable objects from older homes available to those engaged in rehabilitation. Items such as doors, mantles, architectural details, plumbing and lighting fixtures and hardwares are stored and sold here. For hours call Historic Albany, 463-0622.



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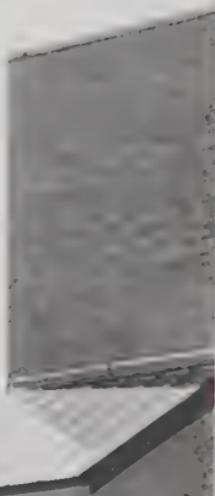
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Telephone: 518-465-3591



Albany
High
School



Education

Day Care Centers

A full list of centers licensed by the New York State Department of Social Services is contained in the booklet "4 County Human Services Directory" described in the section on information.

Nursery Schools

Among the many nursery schools in the city, of particular note are these three veterans. Each has a different program resulting from a definite idea of what a nursery school should be, but all consider academic readiness to be one of their goals.

Albany Jewish Community Center, 340 Whitehall Road, tel 438-6651.

Maria College Campus Nursery School, 700 New Scotland Avenue, tel 482-3631.

Temple Beth Emeth, 100 Academy Road, tel 436-9761.

Montessori School of Albany, corner of Morris and West Lawrence Sts., tel 482-1628, is a non-profit, parent-run school using innovative Montessori techniques. In 1979 it added first grade. It plans to add one more grade each year until it reaches third grade in 1981.

Outside the city is an excellent modified Montessori pre-school program at **St. Gregory's School**, Old Niskayuna Road, Loudonville, tel 785-6621.

Primary and Secondary Schools: Public

The public school system in Albany offers primary education (K-6) in a variety of neighborhood schools, junior high school (7-8) at either Hackett Junior High School or Philip Livingston High School, and high school (9-12) at Albany High School. The system is complemented by special programs for the academically talented, for the handicapped, for high school equivalency as well as non-credit programs open to the community. Information regarding the Albany public schools and the school programs is available at 472-7310.

Primary and Secondary Schools: Parochial

Albany has a system of primary schools (K-8) supported by the Roman Catholic Diocese of Albany. Most are affiliated with and in part financed by local parishes. The students pay a tuition based both on ability to contribute and on the number of children of a given family enrolled at the school. The Diocese also operates a high school, Bishop Maginn High School (9-12). No student is denied entrance to any of the schools on the basis of religion or financial status. The number to call for information regarding Diocesan Schools is 438-6681.

Primary and Secondary Schools: Private

In addition to public and parochial schools, Albany residents may choose from a group of private schools with widely differing objectives and correspondingly diverse approaches. Because the nature of education is so definitely an issue of personal taste, the descriptions of private schools offered here are limited to comments offered by the administrators of the schools or by official catalogue copy. These descriptions should help the reader draw some sense of the school, but in all cases, numbers for getting further information have been provided. Since the grades encompassed by the schools differ, the descriptions are presented alphabetically.

All schools in this section, even those with religious affiliation, accept students regardless of race, color or creed.

The Academy of the Holy Names, 1065 New Scotland Road, tel 438-6553 and 489-2559

The Lower and Middle School is a private day school for girls (kindergarten is co-ed) run by the Sisters of the Holy Names. The goal of the school is to "place the student in learning situations where satisfaction and self-development come through continuous, sequential progress and success." To this end classes are kept small and the curriculum is structured to permit progress at individual rates. The Upper School (grades 9-12) is a four year college preparatory school for girls. The three hundred students follow a modular/flexible program in which 60% of the students' time is structured while the other 40% is free for independent study. Faculty members, who have the same amount of free time as students, are available for consultation and individual help on independent study.

Albany Academy, Academy Road, tel 465-1461.

Established in 1813 with the goal of training boys for positions of leadership and achievement, the Academy numbers many prominent Albanians among its graduates. Athletics are stressed as is academic progress within small classes. A full-day kindergarten and a full-day or half-day pre-school program are offered by the Academy in addition to Grades 1-12.

Academic and social activities for students in the upper school are frequently coordinated with those of the upper school of Albany Academy for Girls.



Albany Academy for Girls, 140 Academy Road, tel. 463-2201. This school has a long, proud history. Founded in 1814, it was one of the first schools ever devoted exclusively to the education of young women. Its goals today are preparation for further education. Housed in a splendid facility, it features small classes and warm concern for the individual. The curriculum covers kindergarten (full-day) through grade twelve.

Christian Brothers Academy, 1 De LaSalle Road, Albany 12208, tel. 462-5447. CBA is a private Roman Catholic military college preparatory school for boys grade seven through twelve run by the Brothers of the Christian Schools. Fifty percent of faculty are Brothers; the remaining members are laymen.

The Doane-Stuart School, Kenwood, Albany, tel. 465-5222. This is a co-educational school affiliated with both the Episcopal Diocese and the Roman Catholic Diocese of Albany through a recent merger of the former Kenwood Academy and St. Agnes School. The primary school offers individualized instruction and emphasizes the arts and humanities, with individual acceleration possible. The secondary level offers college preparatory programs for resident and day students, grades 9-12.

Emma Willard School, 285 Pawling Avenue, Troy, tel. 274-4440. One of the oldest schools for women in the country, Emma Willard offers a college entrance program for resident and day students grades 9-12, usually in proportion of about 250 residents to 80 day students. Emphasis is placed on strong academic performance, long a tradition at Emma Willard. Optional programs of exchange are available, as are independent study programs and tutorials.

The Hebrew Academy of the Capital District, 2211 Western Avenue, Guilderland, tel. 456-6816. This is a co-educational school (grades K-12) founded recently to provide close study of Judaic and secular studies for young people and prepare them to pursue both at more advanced levels. The orientation of the small classes is the approach to all subjects with an awareness of their meaning in the context of both Jewish and Western democratic traditions.

Loudonville Christian School, 374 Loudon Road, Loudonville 12211, tel. 434-6051. This school was founded in 1960 by a group of parents concerned with the Christian education of children. It is a co-educational school with classes from pre-school through grade eight. The class schedule provides time for Chapel, devotions, and prayer. The curriculum of the school includes a course in Biblical studies and emphasizes that "secular" courses are taught from the standpoint of a Biblical view of God, man and the world. The school also takes pride in its programs in art, music and physical education.

Mercy High School, 310 South Manning Blvd., Albany, tel. 482-1110. This school offers a four year program—either college entrance or business—for girls. It is run by the Sisters of Mercy.

St. Gregory's School for Boys, Old Niskayuna Road, tel. 785-6621. This is a school run by Roman Catholic laymen to offer accelerated courses for boys grades 1-8. (The pre-school and kindergarten programs,

both modeled after the Montessori method, enroll girls as well as boys). Grades one through eight aim at preparing students for advanced entry into the most competitive secondary schools in the country.



Institutions of Higher Education

The colleges and universities in the Capital District have formed a consortium designed to share resources and cooperate in making educational opportunities more accessible to all students. Students enrolled at any one of the colleges may use library facilities at other institutions and may enroll free of charge in any course not available on the home campus. The consortium is called the Hudson Mohawk Association of Colleges and Universities.

Nomenclature

The structure of the educational system in New York State is quite straightforward, but the choice of names for the units has led to confusion.

1. **The University of the State of New York** is the term applied to the entire educational system within the state—private and public—from nursery school through the most advanced graduate degree. This paper-existent body, presided over by the Board of Regents, grants and revokes licenses and oversees the work of the Department of Education of the State of New York, which plays a more practical role in the governance of education. It defines curriculum and sets standards for competency on all levels.

2. **State University of New York (SUNY)** is the coordinating center of the public institutions of higher learning in the state. This includes 4 university centers, 13 colleges of arts and science, 6 colleges and centers for the health sciences, 6 agricultural and technical colleges, 8 specialized colleges and 29 community colleges—64 campuses in all. The offices of SUNY (Central)—as it is called—provide administrative support for the single units and facilitate expanded cooperation between the various campuses.

3. **State University of New York at Albany (SUNYA)** is the university center, the autonomous branch of the SUNY system, which has academic buildings and dormitories on its old and new campuses located in Albany.

Four-Year Colleges and Graduate Schools

State University of New York at Albany (SUNYA), 1400

Washington Avenue, tel. 457-3300, founded in 1844, is the oldest unit of the state university system and one of the four university centers. The largest educational institution in the area, it enrolls 10,000 undergraduate students each year in 45 major fields as well as 5,000 graduate students in 47 fields. Admission to all these programs is highly competitive. Statistics released in 1979 showed the entering students had the highest average on SAT scores of any public institution in the country.

Although the University is supported by the allocation of funds by the legislature, students also pay tuition according to a scale adjusted to year of study and state of residence.

The University sponsors a well publicized Community University Day in October so that the public can become aware of its facilities and the resources it provides to the community.

The University cooperates with various cultural and educational agencies in the region in a program called Capital District Humanities Program to make programs more accessible to the general public.

In addition it offers credit and non-credit courses to area residents through its School of Continuing Education. For information write 135 Western Avenue, Albany 12222, tel. 472-8494.

The College of St. Rose, 432 Western Avenue, tel. 454-5111, is a private, Catholic, co-educational liberal arts college. The College takes pride in the personal quality created by the intimacy of the campus and the smallness of the student body.

In addition to the liberal arts undergraduate program, the College presents Masters Degree programs in a variety of areas. It is particularly known for its offerings in Special Education, Communication Disorders, and Music.

Rensselaer Polytechnic Institute, Troy, tel. 270-6000, is a co-educational, non-sectarian, private university, known as RPI. It offers 117 undergraduate and graduate degree programs in five schools—Architecture, Engineering, Humanities-Social Sciences, Management and Science—as well as in several interdisciplinary areas. Approximately



3,700 undergraduates and 1,200 graduate students attend this well-established university long known for the rigor of its standards and the excellence of its programs, especially those in engineering and the sciences.

The college, which occupies a 260 acre site in Troy, opens the facilities of the field house to the public when there is no conflict with instruction. Student-guided tours leave the Admissions Office at 11:00 and 1:00 Monday through Friday throughout the year and at 10:00, 11:00 and 12:15 on Saturdays. Visitors should call 270-6216 to be certain that tours are being given on the day of the proposed visit.

Russell Sage College, Troy, tel. 270-2000, is a private, women's liberal arts college founded seven decades ago to prepare "women who support themselves." Though its goals have broadened today and the fields for which it prepares its graduates have increased in number, its curriculum continues to emphasize field experience to supplement classroom learning. Its 1400 students choose from a variety of fields, taking advantage when they can of the proximity of RPI to share academic and social opportunities.

Russell Sage College, The Evening Division, 140 New Scotland Avenue, tel. 445-1711, was founded in 1949 to "provide high quality education for adults outside of work hours in the evening and on weekends." The division draws primarily on the expertise of the faculty of Russell Sage College in Troy and its subdivision, the Junior College of Albany. It also enlists the services of a core of adjunct faculty drawn from the "unusual richness of abilities and experience found in the governmental, business, human services, and educational institutions of the Capital District." The division enrolls 2500 students per term; it also offers contract courses for government employees in the various state office buildings.

Siena College, Loudonville, tel. 783-2300, is a private, co-educational, Catholic liberal arts college under the auspices of the Franciscan Order. Founded in 1937 as a small men's school, the college now enrolls 2500 undergraduates. In addition to its academic offerings, Siena takes pride in its athletic program and its series of guest lectures and personal appearances.

Skidmore College, Saratoga Springs, tel. 584-5000, is a private, co-educational liberal arts college enrolling 2000 undergraduates. Originally a women's college located in older buildings in Saratoga, Skidmore decided in the mid-sixties to construct a completely new facility on 600 acres of wooded land outside the city. The new campus contains some splendid adaptations of contemporary architecture.

In summer the college cooperates with the New York City Ballet and the Philadelphia Orchestra to present workshops in dance and music.

Union College, Schenectady, tel. 370-6000, describes itself as an "independent, primarily undergraduate, residential college for men and women of high academic promise and strong personal motivation." Established in 1795, Union was the first college chartered by the Regents of the State of New York. Until 1970 it admitted men only; today this

seasoned institution enjoys a long-standing reputation of academic excellence and student and alumni loyalty. The excellent cultural enrichment program is often open to the public.

Two Year Colleges

Albany Business College, 130 Washington Avenue, tel. 449-7163, is a two year college offering the associate degree in business. Founded in 1857 as a profit-making institution, the college currently enrolls 155 men and 365 women full-time with 60 men and 161 women part time. It has been owned and run by one family, the Carnells, since 1885.

Hudson Valley Community College, Vandenburgh Avenue, Troy, tel. 283-1100, sponsored by the County of Rensselaer under the program of the State University of New York, is a large multipurpose institution which serves the wide variety of needs of its 8,000 students. It provides AA and AS degrees for those bound for four year colleges, AAS and AOS degrees for those directly entering business, industry or trades and it offers courses and certificates for residents who need to acquire a specific skill or learn some specific information. A direct result of the recognition in the early 60's that education should not be available only for the intellectually elite, Hudson Valley states that, "The under-achiever, the disadvantaged, as well as the ambitious, the financially able—these and others from the community—come to Hudson Valley to receive educational opportunities they might not otherwise attain."

Junior College of Albany, 140 New Scotland Avenue, tel. 445-1711, is a co-educational division of Russell Sage College. Its principal concern is preparation of students for transfer to four year colleges; to that end the college has established transfer agreements with over 30 colleges upon satisfactory completion of the requirements of J.C.A. The college also offers vocationally centered programs for those who seek full-time employment at the end of two years. In addition, the college has established a Threshold program for "women who have never begun college or who have had their college careers interrupted." Threshold offers not only on-campus courses but special scheduling, scholarship funding, advising and counseling services.

Maria College, 700 New Scotland Avenue, tel. 438-3111, is a private, Catholic, co-educational, two year college. It serves three different groups of students: those who intend to transfer to four year colleges and professional schools; those who seek career training as Executive, Medical and Legal Secretaries, Business Administration Assistants, or in Occupational Therapy, Physical Therapy, Nutrition Care and Nursing; and finally those members of the community who seek enrichment and personal development. The college consciously retains its small size in order to continue the personal quality that has become its trademark.

Schenectady County Community College, Washington Avenue, tel. 346-6211, is a two year college which offers the Associate in Arts, the Associate in Science and the Associate in Applied Science to its graduates. Its objectives include two distinguishing features: full oppor-

tunity, an open admissions program supplemented by counseling, tutoring services and remedial laboratories; cooperative education, a commitment to alternate periods of full-time study and full-time work designed to aid in vocational selection and development. The college also offers a program in continuing education for those seeking part-time study.

Other Educational Ventures

Albany Area Environmental Center, 196 Morton Avenue, tel. 472-9760, is a fascinating concept, a complex of independent but closely related agencies dealing with environmental questions. The building, initiated and managed by the Center for Environmental Options, houses twelve groups including a canning center, a solar greenhouse and an educational center. Most of the activities are free. To be placed on the mailing list, write or call the center.

Helderberg Workshop, Voorheesville 12186, is situated at the base of the Helderberg escarpment, just below the southeastern corner of Thatcher State Park. It offers two-week, half-day sessions in the summer for children to study arts and nature in the outdoors. Registration begins in early May and although brochures may be found around town at that time, anyone interested in participating should write to the above address to get on the mailing list because classes fill quickly. During the winter the land is open for cross-country skiing.

The Institute on Man and Science, Rensselaerville 12147, tel. 797-3783, is a multipurpose organization. First, it provides impetus to projects which will bring the benefits of science to meet immediate human needs and serve as models for other similar projects. The Institute has, for example, initiated several community renewal projects in towns on the verge of collapse.

Second, it coordinates and fosters economic and environmental impact studies to determine the short-term and long-term effects of conservation tactics.

Third, it supports short-term special projects.

Fourth, it publishes results of projects considered of interest to those undertaking similar tasks.

Fifth, it provides facilities for small groups to meet in conference in a supportive environment.

The Capital District Humanities Program is an educational program directed by SUNYA and community leaders, supported by a major grant from the National Endowment for the Humanities. Its purpose is to make high quality education in the humanities (the branches of learning concerned principally with human thought and human relations) available to adults in the community. Lectures, small group seminars and field trips are conducted by college faculty, area professionals and celebrated guest speakers. All are held in accessible locations at hours convenient to adults who are not full-time students. It is, in fact, a sincere effort on the part of the academic community to extend its rich resources to the residents of the city. Information is available at the following address: CDHP, SUNYA, Hu 314, Albany, 12222, (518)457-3907.

Empire State College, Northeast Regional Center, 50 Wolf Rd., tel. 458-7150, a part of the state university system, is an alternative approach to higher education. Students engage in contracts with tutors and arrange a schedule which fits into their other responsibilities and allows them to keep a pace they can manage.

FOCUS Churches, the four churches located in the Center Square-Hudson Park area, offer courses and lecture series dealing with moral, ethical, religious, and artistic issues of contemporary concern. Information is available at Emmanuel Baptist Church, 275 State St., tel. 465-5161.

Professional Schools

Union University consists of four units: Union College and three professional schools—Albany College of Pharmacy, Albany Law School, and Albany Medical School.

Albany College of Pharmacy, a branch of Union University, offers a rigorous five year program leading to a bachelor of science in pharmacy and an excellent four year program leading to a bachelor of science in medical technology. In 1981 the college celebrates its 100th year of service to the community. Numbered among its alumni are many of the practicing health professionals in the area. Graduates work in hospitals, clinics, laboratories and retail pharmacies, enter other areas of science or business or go on to graduate school in dentistry, medicine or law.

Albany Law School, 80 New Scotland Avenue, tel. 445-2311, is one of the oldest law schools in the United States. It offers a three year program leading to the J.D. degree and cooperates with Union College and RPI to grant six year combined degrees in law and management or law and business administration.

Albany Medical College, New Scotland Avenue, tel. 445-5521, was founded in 1839. It prepares physicians to serve in all forms of practice, using the facilities of the 800 bed Albany Medical Center Hospital, the 1,000 bed Veterans Administration Medical Center and the other affiliated hospitals in the Capital District to provide wide-ranging, in-depth clinical instruction.

PUT YOURSELF ON A COURSE FOR THE FUTURE AT RUSSELL SAGE

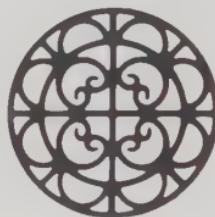
Russell Sage College is comprised of three divisions located on two campuses, and offers a wide variety of associate, bachelor and master programs.

The Women's College was founded in 1916 to prepare women for careers in the business and professional world.

The Albany campus of Russell Sage is the home of the Junior College of Albany, a coeducational institution offering many associate degree programs.

Also on the Albany campus is the Sage Evening Division, which provides continuing education through undergraduate, graduate and non-credit courses on a part-time basis.

Whatever your educational objectives are, Russell Sage can help you attain them. Write to us for complete information.



The Women's College
Russell Sage College
Troy, New York 12180

The Evening Division
of Russell Sage College
140 New Scotland Ave.
Albany, New York 12208

Junior College
of Albany
140 New Scotland Ave.
Albany, New York 12208

RUSSELL SAGE—the comprehensive college





Hospitals & Social Agencies

Many services are available for the person in need. This section lists telephone numbers and describes services which are available either for emergency or long range care.

Emergency Numbers (available 24 hours)

Police 463-4141

Fire 463-1234

Ambulance 463-1300

Poison Control 382-4039

Crisis Intervention 445-6675

Rape Crisis 445-7547 or 445-7548

Hospitals and Clinics

Albany Medical Center Hospital, New Scotland Avenue, is a major medical center affiliated with Albany Medical School of Union University. It serves medical, general surgical and obstetrical patients. It operates 32 clinics, a center for contagious disease, an emergency cardiac care unit and provides care in many specialized fields. This 800 bed hospital also functions as a resource center for health professionals in surrounding communities and is the only hospital which provides for open heart surgery, kidney transplants and intensive care of burn and trauma victims.

General Information 445-3125

Emergency Room 445-3131

Clinics 445-4343

Capital District Psychiatric Center, New Scotland Avenue, often called CDPC, offers inpatient and outpatient care for psychiatric clients.

General Information 445-6601

Crisis Intervention 445-6675

Child's Hospital, 25 Hackett Blvd., is a small medical facility operated under the auspices of the Episcopal Diocese of Albany to provide inpatient and outpatient care for general surgical and medical patients. The main number is 462-4211.

Memorial Hospital, Northern Blvd., is a 233 bed facility which offers care for general surgical and medical patients. The hospital also staffs a general clinic.

General Information 471-3221

Emergency Room 471-3111

Clinic 471-3171

St. Peter's Hospital, 315 So. Manning Blvd., is a 425 bed facility operated under the supervision of the Sisters of Mercy to provide care for medical, surgical and obstetrical patients. The hospital offers special programs for the treatment of alcoholism and arthritis and staffs an active social service department to assist patients in home care. In 1979, the hospital opened a hospice for care of terminally ill patients and their families.

General Information 471-1550

Emergency Room 471-1318

St. Margaret's House and Hospital for Babies, Hackett Blvd., is a total nursing care facility for infants and small children with severe illness or disability. It receives patients referred by physicians in the immediate and surrounding area for short-term or long-term care. The number to call for further information is 465-2461.

Veterans Administration Medical Center Hospital, Holland Avenue, is a large 1000 bed medical and surgical hospital for short term and long term care of veterans of the armed forces. General Information 462-3311.

Clinics

In addition to those associated with Albany Medical Center and St. Peter's Hospital and Memorial Hospital, the city has four clinics.

The Albany County Department of Health, S. Ferry and Green St., tel. 445-7811, provides comprehensive public health-service including home nursing services, screening programs, x-ray, dental, physical therapy, and methadone treatment. It also operates programs on health education. Open M-F, 9-5.

The Albany County Mental Health Clinic, 175 Green St., tel. 445-7871, is a community outpatient psychiatric facility. Open M-F, 9-5.

The Whitney M. Young, Jr. Health Center, Lark and Arbor Drives, tel. 465-4771, "welcomes all people regardless of income." It offers dental care, psychiatric care, eye examination, nutrition counseling, family planning, prenatal care, gynecology, dermatology, child development and psychological services, counseling for problems of living, health education, audiological screening, diagnostic lab tests and x-rays, pharmacy, WIC program, as well as medical care for adults and children. Open M-T, 9-9; W-F, 9-6.

Planned Parenthood of Albany and Rensselaer Counties, 259 Lark St., tel. 434-2182, provides professional medical counseling, medically supervised contraception, infertility counseling, abortion and adoption referrals, pregnancy tests and general consultation and education about family planning and sexual responsibility. Open M-Th, 8:30-9; F 8:30-3.

Social Agencies

The Capital District has an impressive collection of social agencies. In July, 1978, through a cooperative effort of coordinating bodies, a directory was published listing and describing over 650 social service units. This **4 County Human Services Directory** is indexed by type of service as well as by alphabetical order. Copies are available for purchase at **The Council of Community Services of the Albany Area**, 877 Madison Avenue, tel. 489-4791, or for use without charge at the branches of the public library.

Volunteer Services are coordinated by the **Voluntary Action Center**, 877 Madison Avenue, tel. 489-4791, which works to match the skills of the volunteer to the needs of the community. Anyone who wishes to offer volunteer services can call the above number for advice.

The agency also operates an interesting Affirmative Action program entitled IMPACT. This aims to recruit and train potential board members from groups ordinarily by-passed in the quest for volunteers to fill decision-making positions—minorities, low-income residents, women, youth and senior citizens. IMPACT cooperates with SUNYA in training recruits and making the names of participants available to boards seeking members.



Restaurants

The restaurants described in this chapter were chosen from hundreds operating in the Capital District and the surrounding area. They were selected for inclusion because of the quality of food and service and the appropriateness of price. The selection is deliberately eclectic to include a wide distribution of types.

Each restaurant is presented in a brief sketch designed to highlight its strengths and portray its general atmosphere, cuisine and cost. The chapter is divided into three principal sections based on location:

1. Restaurants in the city of Albany and its suburbs;
2. Restaurants in the communities just outside the city;
3. Restaurants outside the Capital District but within reasonable driving distance.

The ranges used to define cost are as follows:

	Lunch	Dinner
Expensive	\$4-9	\$8-16
Moderate	\$3-6	\$6-13
Inexpensive	\$1-3	\$2-5

In the City and Suburbs

These restaurants are presented in eight categories based on cuisine: 1) American; 2) Oriental; 3) Continental; 4) French; 5) Steak, Chops and Fish; 6) Italian; 7) Soup-Salad-Sandwich; 8) Pizza. Within each category the restaurants appear in alphabetical order.

American

Joe's Restaurant, 851 Madison Avenue, tel. 489-4062, is famous for its hearty sandwiches (especially No. 19, roast beef with Russian dressing), its prime beef entrees, its veal and its fresh seafood dinners. It also offers over-the-counter and take-out sales of sandwiches, cheese, desserts and other delicacies. Fare ranges from inexpensive to expensive. Sandwich menu is available all day. Open: Tu-Sun, 10-9.

Macy's Cafeteria, Colonie Center, prepares good meals during the hours the store is open. Inexpensive to moderate.

Montego Bay, 151 Menands Rd., Loudonville, tel. 463-8644, is located in a building in Loudonville that has long been a restaurant. The interior is very attractive, the menu is American and the presentation is fine. Moderate. Open: M-F, 11:30-2:30; M-Th, 5:30-10; F-Sat, 5:30-10:30.

Piccolo's at the Plaza, Empire State Plaza, tel. 465-2361, is, as its name suggests, perched on the side of the government complex. The view is spectacular and the decor is elegant. The menu features New York State products. Parking is available beneath the plaza and signs are posted to direct the diner to Piccolo's door. Reservations suggested. Moderate to expensive. Open: M-F, 11:30 a.m.-midnight; Sat, 5:30-midnight; Sun, 3-9.



Oriental

China Inn, 20 Mall, Western Avenue, Guilderland, tel. 456-4042, specializes in Hunan cooking. The food is well prepared. Lunch, moderate; dinner, inexpensive to moderate. Open: M-F, 11:30-10:30; Sat-Sun, 12-12.

Jack's Chinese and American Restaurant, 1881 Central Ave., Colonie, tel. 456-5588, serves predominantly Cantonese food, of fine quality. Take-out orders are available. Moderate. Open: every day 11-11.

Shanghai Restaurant, 855 Central Ave., tel. 489-0706, features Chinese-American food. The Sunday smorgasbord is particularly attractive to families. Lunch, moderate; dinner, inexpensive to moderate. Open: M-Sun, 11:30-10:30; Sunday Smorgasbord, 4-9.

Tips, 117 Columbia Turnpike (Rtes. 9 and 20), tel. 449-2030, (five minutes from downtown) is a relative newcomer to the scene. The Chinese decor of the interior is elegant. The menu, specializing in Cantonese food, is varied, and the food is excellent. Lunch, moderate; dinner, inexpensive to moderate. Open: M-F 11-11; Sat, 11:30-11; Sun, 12-11.

Hiro's Japanese Restaurant, 1933 Central Avenue, Colonie, tel. 456-1180, offers Japanese cuisine. Food is prepared on a cooking surface as the patron looks on. Reservations are suggested on weekends. Moderate. Open: Tu-F for lunch, 12-2; for dinner, 5-10:30; Sat-Sun for dinner, 3-10:30.

Continental

Bleeker Restaurant, 32 Dove St., tel. 463-9382, has served Albanians for many years. The menu for lunch and dinner is international and a cafe menu is available into the wee hours. An outdoor cafe is open from May to October. Daily specials are offered. Moderate. Open: M-Sat, 12 noon-10 for full meals; 10-3 am for light foods.

Gaspary's Quackenbush House Restaurant, Quackenbush Square and Broadway, tel. 465-0909, is located in one of the oldest houses in Albany. In pleasant weather patrons may dine in the outside courtyard. The food is traditional continental. Lunch, inexpensive; dinner, expensive. Open: M-F for lunch, 11:30-3; Tu-Sat for dinner, 5-closing.

Justin McNeils, 301 Lark St., tel. 463-5219, is a genuine neighborhood pub. It offers continental food most of the day and into the night. A treat called "my father's soup" has become a great favorite of many residents who frequent this restaurant. The atmosphere is congenial, pleasant and welcoming. Inexpensive to moderate. Open: Tu-Sat, 11:30-closing; serving lunch, 11:30-3; dinner, 5-10; and late night snacks, 10-1. Sun, 4-9 snacks.

Ogden's Restaurant, Howard Street at Lodge Street, tel. 463-6605, is a handsome restaurant opened in 1977 in a restored office building. The menu is interesting and the food is good. The dessert called black velvet pie has become infamous for its sinful richness. Moderate. Open: M-F for lunch, 11:30-3:30; M-Th for dinner, 5-10; Sat for dinner, 6-11.

French

Chez Rene French Restaurant, Rte. 9, Glenmont (3 miles south of Exit 23 of the Thruway), tel. 463-5130, offers traditional French cuisine in the informal setting of a charming colonial home. It is open for dinner only. Reservations are suggested. Expensive. Open: Tu-Sat, 5-10.

L'Auberge, 351 Broadway, tel. 465-1111, is an excellent French restaurant attractively housed in the former ticket office of the Hudson River Dayline, a paddleboat steamship that once ran the Hudson. The atmosphere is formal and the menu tends toward haute cuisine. Expensive. Open: M-F for lunch, 12-2:30; M-Sat for dinner, 5:30-10. Reservations recommended.

L'Ecole, 44 Fuller Road, tel. 489-1330, serves country French cuisine in an informal atmosphere. The outdoor deck is open in pleasant weather. The simplicity of this restaurant is very appealing. Moderate. Open: M-Sat for lunch, 11:30-5; M-Th for dinner, 6-10; F-Sat for dinner, 6-10:30.

LaSerre, 14 Green Street, tel. 463-6056, occupies the site of a former stationery store. Extensive redecoration in 1977 revitalized this lovely old building and created a pleasant atmosphere for dining. The cuisine is French. An outdoor terrace is open in summer for lunch and for cocktails Friday evenings. Lunch, moderate; dinner, expensive. Open: M-F for lunch, 11:30-2:30; M-Th for dinner, 6-10; F-Sat for dinner, 6-10:30.

Steak, Chops, and Fish

The Barnsider, Colonie Shopping Center, tel. 459-6161, is a steak and seafood house with a reputation for excellence. The lunch, served cafeteria style, features huge, juicy charcoal-broiled hamburgers, hearty soups, and salads. The dinner is served to tables in a rustic atmosphere. No telephone reservations are taken. Weekend nights usually require long waits in the cozy bar. Lunch, inexpensive; dinner, moderate. Open: M-Sat for lunch, 11:30-2; Sun-F for dinner, 5-10; Sat for dinner, 5-11.

Clay's, Sand Creek Road near Wolf Road, tel. 459-2696, is a small, clean cafeteria-style restaurant which specializes in fish and seafood. It is a favorite with many local residents, adults as well as children. The food (not exclusively fish, by the way) is very good. Fresh fish, cooked and uncooked, is also for sale to take out. Inexpensive. Open M-Th, 11-8; F, 11-9; Sat, 11-8.

The Cranberry Bog, 56 Wolf Road, tel. 459-5110, serves American food. Featured are seafood, veal, steaks and, of course, cranberry bread. Reservations are suggested. Moderate. Open: M-Sat for lunch, 11:30-2:30; M-F for dinner, 5-10; Sat for dinner, 5-11; Sun for dinner, 4-9.

Jack's Oyster House, 42 State Street, tel. 465-8854, the oldest restaurant downtown, has pleased area residents and visitors for 67 years. The extensive menu, which features seafood, steak and chops, includes delicacies from the restaurant's own bakeshop. Of particular note is the cheesecake. The excellent service is provided by attentive waiters who are also extraordinarily good with children. Moderate. Open: Every day for lunch, 11:30-4; for dinner 4-10:30.

Lobster Pound, Rte. 9, Latham, tel. 785-0061, serves delicious meals, featuring seafood, steak and chops. Open: M-Th, 11:30-9; F-Sat, 11:30-10; Sun, 12:30-9. Moderate.

Victoria Station, 480 Sand Creek Road, tel. 869-5324, occupies a building made to look like a railway depot. It is a branch of a chain of restaurants. Moderate. Open M-F for lunch 11:30-2; M-Th for dinner 5:30-10; F-Sat for dinner, 5-11; Sun 4:30-9:30.

Italian

Calsolaro's Restaurant and Tavern, 244 Washington Avenue, tel. 463-9006, is a family-run Italian-American restaurant with an informal atmosphere and hearty food. The pizza is thick and cheesy. Moderate. Open: T-Sat, 11-9. The same menu is available all day.

The Casino, 453 Washington Avenue (corner near Lake), tel. 463-9369, is a small Italian-American restaurant which serves excellent food (dinner only) from a sophisticated menu. It is busy on weekends and patrons often must wait at the cozy bar. Moderate. Open: W-Sun, 5:30-1.

Citone's Restaurant, 457 Elk Street, tel. 462-9116, is a neighborhood Italian restaurant which serves good, rich food well spiced. Pizza is excellent. Inexpensive to moderate. Open: Tu-Sat, 5-1; Sun, 5-12.

Lombardo's, 121 Madison Avenue, tel. 462-9180, is a long-established Italian restaurant with a reputation for good food. The menu includes a wide variety of options, from sandwiches to full meals. Moderate. Open: W-Sun, 11:30-9. The full menu is available all day.

Fannie's Restaurant, 472 Troy-Schenectady Road, Latham, tel. 785-5404, serves fine Italian cuisine from delicate to robust. The atmosphere is informal and the food excellent. Lunch, inexpensive; dinner, moderate. Open: M-F for lunch, 11:30-2; M-Sat for dinner, 5-11.

Sam's Italian-American Restaurant, 125 Southern Blvd., tel. 463-3433, is another very good Italian restaurant. The veal dishes are especially tasty and the pizza is thick and cheesy. Moderate. Open W-M, 12-10.

Light Food: Soup-Salad-Sandwiches-Etc.

Basil's Restaurant, 41 State Street, tel. 462-5533, serves breakfast and lunch only, either from a fast-food counter or with table service. The entrance is on Broadway opposite the post office. Inexpensive. Open: M-F, 7-4.

Capital Park at Noon often abounds in vendors who sell a wide variety of food from hot dogs to quiche.

Central 8, 8 Central Avenue, tel. 436-8882, is open long hours every day to offer light foods to patrons. Coffee and pastries are featured in the early morning; soups, salads, and sandwiches are served during the rest of the day and into the night. Inexpensive. Open: M-F for breakfast, 8:30 a.m.-10:30; M-F for light foods, 8:30-9; Sat-Sun, 11-9. (Central 8

plans to open a bar and lounge upstairs which will offer one type of hot dinner each night.)

Friendly's, a chain of sandwich shops in the Northeast, provides palatable food, courteous service and delicious soda fountain treats. The eleven branches, all located along major roads in the Capital District, are listed in the telephone directory.

Googies Greek Pastry Shoppe, 34 Maiden Lane, tel. 462-0535, is a small restaurant which offers a delicious, inexpensive lunch of soup and Greek pastries. Soft ice cream is the summer specialty. Pastries are also made for large and small take out orders. Inexpensive.

The Luncheon Gallery, Albany Institute of History and Art, 125 Washington Avenue, tel. 463-4478, is run by volunteers as a service to the Institute. It features soups, light lunches and fine desserts made by volunteers. It is open from mid-September until the end of May. Inexpensive. Open: Tu-F, 11:30 am-1:30 pm.

Market Place, 6 Grand Street, tel. 463-4509, stands in the former warehouse for Albany Banana Company. It features a menu limited to light meals—salads, sandwiches, omelets and quiches—which it serves all day. During pleasant weather patrons may sit in the outdoor garden. Inexpensive. Open: M-F, 11:30-10.

Parc V, Albany-Shaker Road (near Wolf Road), tel. 869-9976, offers light meals—hamburgers, sandwiches, salads, quiche—all day and into the evening. The fact that this little restaurant is always busy testifies to the quality of the food and the pleasantness of the atmosphere. Inexpensive to Moderate. Open: M-Sat, 11:30-2; Sun, 5-2; bar closes 2:30.

Ribbon Grass, 33 Central Avenue, tel. 465-0248, prepares only natural foods. Many of their concoctions are interesting adventures for the more traditional diner. Inexpensive. Open: M-F for lunch, 11-2:30; W-Sun for dinner, 5:30-9.

Yorkstone Pub, 79 North Pearl, tel. 462-9033, offers "pub food"—hamburgers, sandwiches, salad, soup. A patron may even order a cup of soup and half a sandwich. The restaurant in peak hours hums with life. Inexpensive. Open: M-F for lunch, 11:30-3:30; Sat for lunch, 12-4; M-Th and Sat. evening till 11; Fri evening till 1.

Pizza

Lou-Beas, 287 Central Ave., tel. 463-1992, serves wonderful pizza. They will deliver.

Fannie's Pizza and Clam Bar, 187 Old Loudon Rd., Latham, tel. 785-1232.

Madison Grill, 331 Madison Ave., tel. 434-1938, has very good pizza.

The Periphery

These restaurants are presented in five groups according to location: Altamont, Averill Park, Cohoes, Schenectady, Troy. Within each group the restaurants appear in alphabetical order.

Altamont

Altamont Manor, Rte. 156, Altamont, tel. 861-6277, is a superior restaurant specializing in Mediterranean and American cuisine. It is owned and run by a family and the atmosphere and food bear witness to the personal care and attention that are showered on it. Moderate. Open Easter through Thanksgiving, W-Sat, 6-10; Sun, 4-9.

Averill Park

Gregory House, Averill Park, tel. 674-3774, is a fine restaurant offering American cuisine in a lovely colonial home. Reservations are necessary. Moderate. Open: Tu-Sat, 5-10; Sun 1-10.

Directions: Take I-90 East to Exit 7. Immediately over bridge, turn left on Washington Ave. Cross Rte. 4 to Rte. 43 to Averill Park. Restaurant is barn red.

Cohoes

Nickelodeon Emporium, 50 Oneida St., Cohoes, tel. 235-5163, offers sandwiches, salads and full dinners at any hour they are open. A good bakery is on the premises. Inexpensive-moderate. Open: Sun-W, 11-9; F-Sat, 11-1am.

Sassy Swede, 5 Bridge Ave., Cohoes, tel. 235-9829, an attractive restaurant with Scandinavian decor, serves American food. Open: Tu-F, 11:30-2:30; Th-Sat, 5-10; F-Sat entertainment till 1 am. Moderate.

Smith's Restaurant, 171 Remsen St., Cohoes, tel. 237-9809, is a charming, old-fashioned restaurant. Moderate. Open: Tu-Sat, 11:30-9; Sun, 12-9.

Schenectady

Maharaja, 2209 Central Avenue, tel. 370-3666, presents delicious Indian food to diners. They specialize in tandoor cooking (using a clay oven) and will moderate the degree of spiciness to suit the taste of the diner. Moderate. Open: Tu-F for lunch, 11:30-2; Tu-Sat for dinner, 5-10; Sun for buffet, 12-3; Sun for dinner, 5-9.

Van Dyck Restaurant, 237 Union St., Schenectady, tel. 374-2406, has a longstanding reputation as a very good restaurant. The atmosphere is pleasant and the food is well prepared. An additional feature is a background of first rate live jazz music in the evening Tuesday through Saturday. There is no cover charge for those who have dinner. Reservations are recommended. Lunch, moderate; dinner, expensive. Open: M-Sat, 11:30-4 for lunch; Sun, 11-3 for brunch; M, 5-11; Tu, W, Th, 5-12; F-Sat, 5-1; and Sun, 12-11 for dinner.

Troy

Daisy Baker's, 33 Second St., tel. 272-8926, a restaurant located in an adaptively reused building in the downtown area, is open for lunch and dinner. All foods on the limited menu have a distinctively home-made quality. Hours are M-Sat, 11:30-1 am; Sun, 6 pm-1 am.

Holmes and Watson, 450 Broadway, Troy, tel. 273-8526, is an appealing little restaurant situated in the building that was originally the

tavern for the Stoltz Brewery. Menu offerings include sandwich, soup, salad and dessert. Inexpensive. Open: M-S, 11 am-2 am; Th, 11 am-3 am; F, 11 am-4 am; Sat, 11:30-4 am.

Out of Town

These restaurants are presented in three groups: those to the north, those to the south and those to the east. All are extraordinary restaurants well worth the travel they entail.

North

Chez Sophie, 69 Caroline St., Saratoga, tel. 1-587-0440, is an exceptional restaurant serving French cuisine to patrons who have made reservations at least one day in advance. During racing season reservations are at a premium. Expensive. Hours vary.

Mrs. London's Bake Shop, 33 Phila St., Saratoga, tel. 1-584-6633, is a wonderful little restaurant adjoining the excellent bakery described in the food section. It offers light lunches, weekly specials and home-made pasta dinners. Moderate. Open: Tu-Th, 8-6; F and Sat, 8-12 midnight; Sun, 8-4.

The Grist Mill, River St., Warrensburg, tel. 623-9494, is a splendid restaurant recommended for those traveling north. Reservations are advised for dinner. Lunch, moderate; dinner, expensive. Open: March-October every day; in winter, Th-Sun only. Th-Sat, 11-3 for lunch; Th, F, Sun, 5:30-9 for dinner; Sat, 5:30-10 for dinner.

Directions: Take I-87 north to Exit 23.

South

BEEKMAN ARMS, Rhinebeck, tel. (914)876-7077, is a charming old hotel which has offered rooms and fine food and drink to travelers since 1700. Prices are moderate.

Directions: Take N.Y.S. Thruway to Exit 19. Go East over Kingston Rhinecliff Bridge to Rhinebeck. Hotel is on main street.

Culinary Institute of America, Hyde Park, tel. (914)452-9600, is both a "point of interest" and a restaurant. It is, in fact, a vocational college devoted to the training of superior chefs. Fourteen hundred full-time students study all the arts of the preparation and presentation of fine foods under a faculty of master chefs. In two splendid dining rooms the public may sample the end products of instruction. From hors d'oeuvres to dessert, the meals are prepared with finesse and served with flourish. Reservations are required well in advance. Expensive. The Institute serves M-Sat; lunch, 12-2:30 and dinner, 6-9:30.

Directions: Take N.Y.S. Thruway to Exit 18. Go East on Rte. 299 to Rte. 9W South. Follow signs to Mid-Hudson Bridge. Cross River and go North on Rte. 9.

DePuys Canal House High Falls, tel. (914)687-7700, an excellent restaurant featuring creative international cuisine, is charmingly situated in a stone house on a lock of the Delaware and Hudson Canal. Reservations are suggested. Expensive. Open: Th-Sat, 5:30-10; Sun, brunch 11-2, dinner, 3-9.

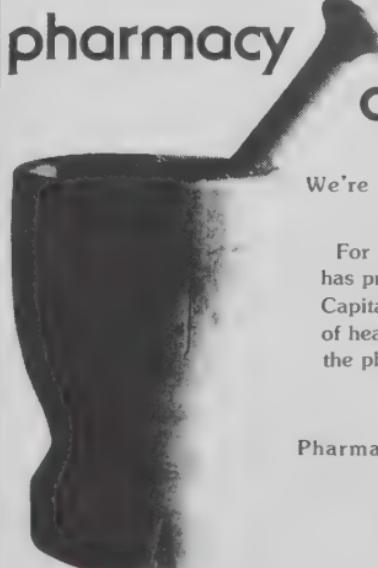
Directions: Take N.Y.S. Thruway to Exit 19. Take Rte. 209 south to Rte. 213. Take Rte. 213 east to High Falls. The restaurant, a stone house with shutters, is marked by a small sign.

L'Hostellerie Bressane, Hillsdale, tel. 325-3412, most often proclaimed as the best French restaurant within a fifty mile radius of Albany, is located in a charming 18th Century house in the center of the village. The menu is extensive and the fare is excellent. Reservations are advised. Expensive. Open: April-May, September-January—W-F, 6:30-9; Sat, 5:30-9; Sun, 4-8. June, July, August—T-Sat, 5:30-9:30; Sun, 4-8:30. (Rooms are also available in this small inn.)

Directions: Take I-90 east to N.Y.S. Thruway to Taconic Parkway. Exit at Hillsdale. Go south on Rte. 23.

East

The British Maid Restaurant, State Street, Williamstown, Mass., tel. (413)458-4961, is a good restaurant for visitors to Williamstown. Food is excellent, prices moderate. It is open Tu-Sat, 7:30-2, 6-10; Sun, 8-1 (breakfast only).



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The Arts: Film, Drama, Music, Dance, Art

The state of the arts in the Capital District is difficult to depict because at present it is in a period of rapid growth. This chapter attempts to describe what the authors consider to be the best efforts in each of the art forms.

College campuses are, of course, major focal points of the arts in a city. Student and faculty productions, performances and exhibits are often of high caliber. Moreover, campus groups frequently sponsor concerts and special guest appearances of major figures in the world of both classical and popular performing arts. Below is a list of telephone numbers through which specific information may be obtained. This chapter deals primarily with off-campus activities.

College of St. Rose	471-5170
Junior College of Albany	445-1725
Hudson Valley C.C.	283-1100
Maria College	438-4120
R.P.I.	270-6505
Russell Sage	270-2213
Schenectady County C.C.	346-6211
Siena	783-2330
Skidmore	(1) 584-5000
SUNYA	457-8606

How to get information about the arts and tickets for performances:

Albany League of Arts, 135 Washington Avenue, tel. 449-5380, is an organization whose major role is to act behind the scenes to insure that community arts can flourish. It works to develop an audience, to insure publicity, to sponsor special festivals and major events and to support scholarships and awards for individuals displaying excellence or potential. To this end it runs Community Box Offices, brings performing groups to the area, organizes special events like Youth Festival Week and the Arts Sampler Fair, maintains a day-by-day calendar of events and serves as a clearing house for groups scheduling events to help avoid conflicts and duplication of effort. Membership in this group includes a

year subscription to KITE, a listing of area events, and discounts on tickets to events available through the Community Box Offices.

KITE: Weekly Guide to the Arts and Entertainment, 1104 Central Avenue, tel. 459-8455, reviews and describes all cultural events in the Capital District. See further details in chapter on information.

South End Scene is a monthly newspaper published by Trinity Institution. It carries news, reviews, editorials, interviews, arts and leisure, and a calendar of events. For information, write 15-17 Trinity Place, Albany 12202 or call 449-5155.

Just-a-Song, 211 Central Avenue, tel. 434-0085, has Ticketron and a blackboard that keeps track of concerts and personal appearances within a 150 mile radius. On the opposite wall is a bulletin board with a ticket exchange and notices of rides to scheduled events.

Albany City Arts Office, 75 New Scotland Avenue, tel. 462-8615, is the agency of the city's Department of Human Resources, an offshoot of CETA (Comprehensive Employment and Training Act). This service organization plans and presents free cultural programs for the community. It is, among other things, responsible for the murals on buildings in the city.

Community Box Office, located in Colonie Center and at Empire State Plaza, the concourse level, offers over-the-counter ticket sales and phone reservations for most area art groups. The box office at Colonie Center is open the same hours as Colonie Center, M-Sat, 10 am to 9:30; Sun 12-5. The downtown office is open weekdays from 11-2. For phone reservations call 458-7530 or 473-8122.

Ticketron, a service which uses a computer to reserve seats for performances at local entertainment centers as well as those in distant cities, is located at Sears and Macys in Colonie Center and at Just-a-Song, 211 Central Avenue. Reservations are taken in person. A fee per ticket is charged.

General Entertainment

The Coliseum Theatre, P. O. Box 41, Latham 12110, tel. 785-3393, offers entertainment in Spring, Summer and Fall and welcomes touring summer stock companies and a series of major performers throughout the summer. Subscription prices are available.

Noontime Downtown is a time of great vitality in the city. Thousands of people pour out of offices into the parks, restaurants and stores to spend their lunch time away from their desks. Several downtown institutions provide educational and cultural activities for these workers. Musical performances are presented at "The Egg," The Albany Institute and the Cathedral of All Saints. The Albany Public Library presents Noon Book Reviews and lectures by local authors, artists and scholars. Lectures are also given at The Albany Institute, The Picotte Hall of the College of St. Rose, the Cultural Education Center, and the Harmanus Bleeker Center. Publicity for these events appears on bulletin boards in downtown office buildings, in **Kite**, and in the entertainment section of the Friday **Times Union and Knickerbocker News**.

Films

In addition to the commercial movie houses, Albany has two major sources for film buffs.

The Albany Public Library has an impressive collection of 16 mm films available for home use for no charge to those who pay a small annual film-borrower fee. A catalog of their own film holdings is available at the film loan desk on the second floor of the main branch, as are the listings of area groups from whom films are available through inter-library loan.

Area Colleges all have film clubs which periodically show second run box office smashes, "golden oldies," or foreign films.

The Madison Theater, Madison Avenue near South Main Avenue, tel. 489-5431, features second-run feature films, most of them major box office attractions, at reduced admissions. On weekends the Madison revives old children's favorites for Saturday and Sunday Kiddies' Matinees.





Fred Ricard

Drama

Empire State Youth Theatre is a branch of SUNY. Its purpose is twofold: to give older students of theatre an opportunity to learn the skills of presentation and to bring high quality theatre to the lives of school children. A core of professionals works with college students from throughout the state to develop productions. They use the facilities of the Empire State Plaza to plan, rehearse and provide a base for players. The plays, frequently chosen to complement the formal curriculum in the schools, are first presented in "The Egg" and then taken "on the road" to schools throughout the state.

The Youth Theatre also offers Saturday classes in the dramatic arts to children in the area. For information or tickets write ESYT, Empire State Plaza, Albany 12223 or call 474-1767. The theatre has its own box office on the concourse level below "The Egg." Open M-F, 9-4; tel. 473-4020.

Williamstown Theater Festival is considered one of the finest regional summer theater in the East. This judgment is based on the nature of the plays undertaken as well as the quality of acting and directing. The theater has been the springboard of many famous theatrical figures, some of whom return each summer to contribute to the continuing excellence of the festival. For information write P. O. Box 517, Williamstown, Mass. 01267 or call (413)458-8146.

Albany Civic Theater, 235 Second Ave., tel. 462-1297, gives four productions a year including a musical, a drama, a children's play and one other. Attending intimate theater in this converted firehouse is very rewarding. Tryouts, advertised in the paper, are open to all.

The Four Seasons Dinner Theater, Best Western Thruway House, 1375 Washington Ave., tel. (518)459-3100, offers lively presentations of major musical productions in a restaurant setting. The plays tend to be long-run Broadway hits from the past. Dinner is served at 7:00; the curtain goes up at 8:30. Special rates are available for subscription or for large groups.

Proctor's Theater, Schenectady, and the **Palace Theater**, Albany, described elsewhere, occasionally host short runs of major productions.

Housman Theater, Saratoga, is the summer home of the nationally acclaimed troupe, The Acting Company. Information is available at Saratoga Performing Arts Center, Saratoga Springs, 12866, tel. (1)587-3330.

In July and August the region vibrates with summer stock companies who play in established centers and tiny lofts. Many present very worthy drama and lively musicals. Their activities are reported in **KITE** and the Friday entertainment section of **Times Union** and **Knickerbocker News**.



Music

The Albany Symphony Orchestra plays over 100 concerts each year, including various subscription series at the Palace Theater and at Troy Music Hall, special benefits, in-school programs, youth concerts, tiny tots concerts and out-of-town performances. For information regarding scheduled performances, call 465-4755 or 465-3737. Subscription tickets or tickets for individual performances can be purchased Mon-Sat 10-5 at the Palace Theater, at Community Box Offices, or by mail: Albany Symphony Orchestra, 19 Clinton Avenue, Albany 12207. The orchestra is supported by an auxiliary group called Albany Vanguard, tel. 465-4755. The Vanguard always welcomes new volunteers.

Schenectady Symphony Orchestra is a community orchestra which presents four full concerts a year and one or two children's concerts. The ensemble is supported by volunteers. For information write 108 Union St. or call 372-2500.

The Page Hall Chamber Music Series offers eight concerts on Friday evenings throughout the year in the acoustically fine auditorium, Page Hall, on the "old campus" of SUNYA, 135 Western Avenue. Tickets for the entire series or for individual performances are available in person at SUNYA-PAC Box Office, at Community Box Offices, at Rumpelstiltskin, 33 2nd Street, Troy, or by mail at ASO-Chamber Music, 19 Clinton Avenue, Albany 12207, tel. 465-4755.

Tanglewood, Lenox, Massachusetts, is a center of music education and the summer home of the **Boston Symphony Orchestra**. Concerts of the full orchestra, renowned and beloved for its vigor and vitality, especially in the wind section, are conducted generally on weekends. Open rehearsals are held Saturday mornings for a general admission fee. During the week, performances by music students of the Berkshire Music Center, a school where talented young musicians study with the Boston Symphony, are scheduled along with appearances of popular artists, a festival of contemporary music and a concert of the Boston Pops.

The full season calendar is printed mid-Spring in the Arts and Leisure section of **The New York Times** or may be obtained before June 1 through Symphony Hall, Boston, Mass. 02115 and subsequently through Festival Ticket Office, Tanglewood, Lenox, Mass. 01240. Tickets are sold at the gate or at Ticketron. Lawn seats are available and picnicking is something of a tradition. However, it must be acknowledged that the Tanglewood lawn audience is sometimes rude and inconsiderate, walking about and talking throughout the performance like a group of unruly children.

Saratoga Performing Arts Center, also called SPAC, is the summer home of the New York City Ballet and the Philadelphia Orchestra. The fairly new amphitheater is acoustically superb and provides fine sight lines from all seats as well as from thousands of positions on the lawn.

Both of these groups are internationally acclaimed, the orchestra for its

extraordinary discipline and cohesion, especially in the string section, and the ballet for the perfection of its traditional pieces, the dazzle of its new pieces.

The general schedule for SPAC is that the ballet is in residence in July and the orchestra in August.

Throughout the summer, from June through September, major popular entertainers, such as Judy Collins, Frank Sinatra and rock groups, are featured, usually for a single appearance.

The summer program is printed mid-Spring in the "Arts and Leisure" section of **The New York Times** or may be obtained at the box office, SPAC, Saratoga Springs, 12866, tel. 1-587-3330.

Tickets are available at the box office, either in person, by mail or by telephone if using a credit card. Lawn seats and chair rentals for lawn seating are available at the time of the performance. Because of the coolness of evenings, those selecting lawn seating should dress warmly.

The restaurant in the Hall of Springs is open each evening from 5 to 9 and after performances. Reservations are available at 1-384-9330, ext. 35.

SUNYA Performing Arts Center deserves special mention because of the frequency and superior quality of the musical performances. Information and tickets are available on campus or at tel. 457-8606.

Troy Chromatic Concerts is a series of four superior musical performances scheduled throughout the Fall, Winter and Spring. The acoustically superb Troy Music Hall, State and Second Streets, functions as a stage for the concerts. Information and subscriptions are available at 10-123rd Street, North Troy, 12182, tel. 235-6831.

Mendelssohn Club of Albany is an all male glee club, an Albany institution for more than seventy years. The group presents several rousing performances throughout the year and auditions periodically. For information call 436-9849.

Monday Musical Club is a "forum for the enjoyment of music." The 76 year old organization assumes many different responsibilities, among the most interesting being the sponsoring of workshops at which members may perform in an informal atmosphere. The club also holds member artist performances at the Albany Institute.

Capital Hill Choral Society, a community chorus under the able direction of Judson Rand, presents four concerts a year. Tryouts for new members are advertised in the newspaper. For information call 447-3720 during the day or write Box 64, Albany 12201.

Empire State Youth Orchestra is a full symphonic orchestra made up of eighty young musicians of demonstrated talent and proficiency.

Conceived as an opportunity for talented young area residents to play at a level from which their age would usually exclude them, the orchestra presents three full concerts at "The Egg" and travels to major music centers throughout the state to perform. Auditions are held in the Fall. The orchestra is funded by private donations. For information write ESYO, Box 2111, Empire State Plaza, Albany 12220.

Lake George Opera Festival is a summer season of four operas performed in English at the festival auditorium and a musical champagne cruise featuring selections from operas and musicals. Information and schedules are available from Lake George Opera Festival, P. O. Box 471, Glens Falls 12801, tel. 793-3858 or 6642.

Directions: Take I-87 to Exit 19. Turn left onto Aviation Road. Auditorium is on right hand side of road.

Van Dyck Restaurant, 237 Union Street, Schenectady, tel. 374-2406, has for years been the center of jazz music in the Capital District.

Palace Theater, No. Pearl St. at Clinton Ave., tel. 465-3333, frequently hosts rock concerts on its impressive stage. Schedules and information are available at the theater.

J.B. Scott, 321 Central Avenue, tel. 463-9043, calls itself "The Musical Alternative" because it presents live contemporary music in a cabaret setting. The managers offer three month memberships which admit the holder to every show. Many of the artists are major figures in jazz and rock. A bulletin, "Live at J.B. Scott's," published twice monthly gives schedules of upcoming events. To get on the mailing list, write Attention Program Editor, 321 Central Avenue, Albany 12210.

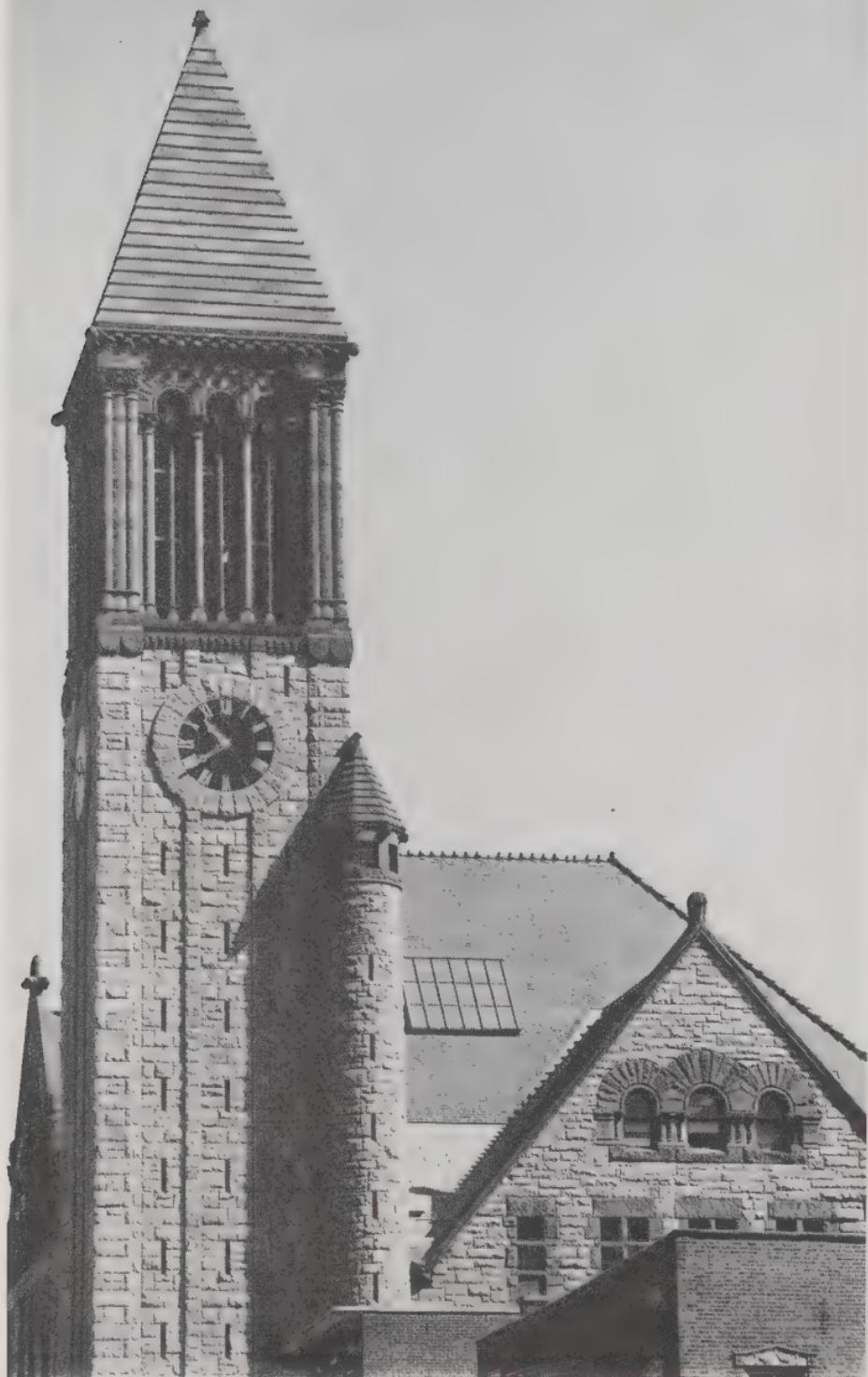
Cafe Lena, 45 Phila St., Saratoga, tel. 1-584-9789, is the center of folk music in the region.

Eighth Step Coffee House, located in the basement of the First Presbyterian Church, is a "Free Stage" performance space which allows local performers to try their skills before a live audience. The entertainment is primarily of the "folk" or "people's" tradition. All members of the community are welcome to attend as audience or performer Mon-Sat after 8:00 pm.

The Arts Center, 1069 New Scotland Road, tel. 438-7895, is an educational institution affiliated with the Holy Names Campus. In its splendid building professionals offer a program of lessons and performances for children and adults in music and fine arts in which "the traditional framework of serious study is combined with contemporary trends in performance." The Arts Center tries to make all its offerings financially accessible to the entire community through generous scholarships, group lessons and very affordable prices for concert tickets.

WMHT (89.9 on the FM dial) is a listener-supported station featuring classical music. It sends a monthly program of events to members. For information write WMHT, 17 Fern Avenue, Schenectady, tel. 356-1700. Members may participate in the listener request program on Saturday morning.

WAMC (90.3 on the FM dial) is a non-commercial educational station owned and operated by the Albany Medical College of Union University. It operates "to serve the continuing health education needs of the medical community and the best interests of the discriminating listening public." It is affiliated with National Public Radio and thus brings some major programming, including the Metropolitan Opera Broadcasts, Saturday at 2:00. It also presents programs of principally local interest. A monthly



program is sent to members. For information write WAMC, Albany Medical College, Albany 12208.

The **Carillon in City Hall** has an interesting history described by William Gorham Rice in a booklet, "The Albany Singing Tower," available in the McKinney Library of the Albany Institute of History and Art. Most of the sixty bells are named after their donors, and many bear other inscriptions, such as this poetic utterance inscribed on bell thirty-eight.

O Albany! O Albany
Far fairer city shall you see
Yet non that seems so fair to me

Dance

Electronic Body Arts (eba) is a group of professional dancers and musicians who perform and teach at their own studio and theater, The Chapter House, 351 Hudson Avenue, tel. 465-9916.

Jacob's Pillow, Box 287, Lee, Mass. 01238, is an eight-week summer dance festival featuring major dance companies from around the country. Jacob's Pillow is the oldest such festival in the country and offers a wide spectrum of dance events and attracts some of the world's finest dancers. The performances are held in the Ted Shawn Theater, the first stage in America designed specifically for the dance.

Schedules and reservations are available at the above address or at (413) 243-0745.

Directions: Take I-90 East to Mass. Turnpike, to exit 2. Take Rte. 20E eight miles. Go left onto George Carter Rd. 7/10 mile.

The other major center of dance is the **Saratoga Performing Arts Center**, described under music.



Art

In addition to the places described in the chapter on museums, galleries and exhibitions, there are several centers for those who wish to pursue their own artistic endeavors or buy the works of others.

The Harmanus Bleecker Center for History and Art, 19 Dove St., Albany 12210, tel. 462-4261, is a part of the Albany Institute. It runs programs of instruction in art, crafts, home industries and museum skills. Schedules of upcoming events are mailed to those who have placed their name on the mailing list.

The Malden Bridge School, described in the section on attractions east of Albany, offers fine instruction.

Northeast Craft Fair, Rhinebeck, sponsored by the Northeast Assembly of American Crafts Council, is held each summer at the Dutchess County Fairgrounds. On display are works of five hundred craftspeople selected from thousands of applicants. Wholesale and retail purchases may be made. More information is available at Northeast Craft Fair Office, P.O. Box 10, New Paltz, N.Y. 12561, tel. (914) 255-0039.

The Shaker Museum

Old Chatham, New York

200 years of Shaker History and culture.

Exhibits open every day
May 1st-October 31st
from 10 am to 5 pm

Office and library open year round

20 miles southeast of Albany
Exit B2 on the NYS Thruway

Groups welcome—(518)794-9100

- Museum Gift Shop
- Picnic Area
- Education Center
- Write or call for further information





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Museums, Galleries & Libraries

Albany Institute of History and Art, 125 Washington Avenue, tel. 463-4478. The Institute, as this venerable site is called, presents a permanent display and mounts a variety of temporary exhibits throughout the year. The permanent display, which emphasizes the cultural heritage of the region, includes antique silver, glass, porcelain and pewter, portraits, and furniture. One special section, the Dutch Room, is a replica of a home of the early Dutch settlers of the city. The collection also features miscellaneous objects bequeathed by local residents. These range from mummies (always a favorite with children), to posters and handbills from long ago.

Temporary exhibitions range from dazzling contemporary art by regional artists to somber portraits of Puritan forebears.

This prestigious institution also sponsors a Sales/Rental Gallery. Open T-Sat., 10:00 to 4:45; Sun. 2 to 5.

Center Gallery, 75 New Scotland Avenue, te. 445-6640, located inside the Capital District Psychiatric Center, is run by the City Arts Program. It features single artist show or single medium shows focusing on regional artists. The display changes frequently. Saturday preview openings are scheduled with each new exhibit and invitations are sent to all who sign the guest book. This small, unique gallery has limited hours, so the visitor should call well in advance.

Center Square Gallery, 226 Lark St., tel. 465-0873, is open by appointment only to show works and offer consultation.

SUNY Plaza Gallery, located in the arcade of the State University of New York Plaza, at the foot of State Street, exhibits the works of graduates, faculty, students and scholars of the University. It is offered to the community as an opportunity for cultural enrichment and as a demonstration of the vitality and diversity of the State University of New York.

Park Gallery, 240 Washington Avenue, tel. 462-5681, is a cooperative venture run by memberships of area artists. Open T-Sat. 11 to 5.

Posters Plus—The Hamilton Street Gallery, Robinson Square, 295 Hamilton St., tel. 434-4280, displays and sells two levels of art—fine original art, posters and reproductions. The gallery personnel also offer custom framing and mounting, art consultation and on-site design consultation. They will even hang pictures they sell. Four or five times a year they host single artist exhibitions.

The University Art Gallery, SUNYA Fine Arts Building, tel. 457-3300, hosts a variety of shows throughout the year. Its versatility in both lighting and adjustable wall space allows it to be suitable for the display of large, bright modern canvases one week and small, precise etchings the next week.

The New York State Museum is described in depth under the chapter on the Empire State Plaza. **The Schenectady Museum** is described in the chapter on that city. **The Rensselaer County Junior Museum** is described in the chapter on Troy.

Other museums of interest within a two-hour drive of Albany are described in the chapter on Outside Albany. These include: **The Shaker Museum** in Old Chatham, NY; **The Hancock Shaker Village** in Hancock, MA; and **The Clark Art Institute** in Williamstown, MA.

Libraries

The **Albany Public Library** houses a fine collection of books, including a special room of material on Albany, and takes pride in a staff that is well-trained and knowledgeable. But this library is more than a source of information. It also organizes many special programs from story hours for pre-schoolers, family film nights and noon book reviews to a job information service.

A monthly calendar of events is mailed to Friends of the Albany Public Library, those who make a small annual contribution. The main branch offers special services to the visually impaired. By far the most comprehensive and active, this main branch is supplemented by five additional branches:

Main Branch, 161 Washington Ave.	449-3380
Delaware Branch, 328 Delaware Ave.	463-0254
New Scotland Branch, 369 New Scotland Ave.	482-6661
John A. Howe Branch, Schuyler and Broad St.	472-9485
Pine Hills Branch, 1000 Madison Ave.	482-7911
Arbor Hill Community Center, 50 N. Lark St.	463-7803

The **New York State Library**, located in the Cultural Education Building of the Empire State Plaza, tel. 474-5935, is a research library serving the government and the people of New York State. The collection of 4.5 million items, including some rare books and manuscripts, is available for use within the building. Those presenting a library card, a privilege reserved for those professionally engaged in research, may borrow material.

The library uses a microfiche catalog; a folder explaining its use is available near the information desk. Four separate reference desks are staffed by librarians: (1) Law and the Social Sciences; (2) Science, Health Science and Technology; (3) Humanities; and (4) History and Genealogy.

The library also provides other important services: statewide interlibrary loan, database service, legislative and governmental service, and special facilities for the blind and visually handicapped. Also located in the building are the archives of New York State Government.

Open M-F, 9 a.m. to 5 p.m.

Academic Libraries

All of the colleges in the capital district have libraries designed primarily to serve the needs of their own students and faculty. This purpose has been expanded recently to include other faculty and students as well, for the consortium, The Mohawk and Hudson Association of Colleges and Universities, has established an interlibrary loan which allows full access to all holdings by all students and faculty members affiliated with any member institution.

Residents not attached to a campus may apply to the loan desk at the library to learn what privileges are offered to the general public. Most of the libraries are willing to assist visitors and residents in any way they can. Expert librarians will answer questions in person or on the telephone.

The libraries vary in the breadth and depth of their holdings. The SUNYA library is the largest and most comprehensive; other campus libraries excel in fields in which their curriculums concentrate. Descriptions of these specializations can be found in the chapter on higher education.

Professional Libraries

The three professional colleges in the area have specialized collections available to their own faculty and students as well as to practitioners of the profession.

The Albany Law School Library, tel. 434-0136, is open for students and members of the Bar Mon-Fri, 8:30 am to 12 pm; Sat 9 am to 5 pm; Sun 12 noon to 12 pm.

The Albany College of Pharmacy Library, tel. 445-7217, is open for students and practitioners Mon-Fri, 9 am to 10 pm.

The Albany Medical College Library (Shaeffer Library), tel. 445-5534, is open for students and medical personnel. The hours are Mon-Thur, 8 am to 12 pm; Fri, 8 am to 9 pm; Sat, 10 am to 6 pm; Sun 2 pm to 10 pm.

The McKinney Library, in the Rice Building at the Albany Institute of History and Art, 125 Washington Ave., tel. 463-4478, is in possession of an important collection of papers, diaries, letters, manuscripts, maps and prints of Albany's past. It is open to the public, M-F, 8:30-4; Sat. 9-4.



Hotels and Motels

At present Albany does not have a functioning hotel. Ground has been broken, however, for a major hotel downtown at State and Pearl in the Ten Eyck Plaza.

Of the many motels in the area, these nine appear to be the most convenient and the most satisfactory. They are presented by geographic location and rated for price according to the following schedule.

	Rates for single	Rates for 2-persons/2-beds
Expensive	\$40-50	\$45-55
Moderate-Expensive	\$33-40	\$37-45
Moderate	\$25-32	\$30-36
Inexpensive	\$18-24	\$22-30

Wolf Road Area

Americana Inn, Albany Shaker Road, I-87 Exit 4, tel. (518)869-9271, is one of the most comfortable and most accomodating lodges in this area. Rooms are large, facilities are handsome and accessible, and service is good. Children under 12 free with an adult. Indoor pool. Expensive.

Turf Inn, 205 Wolf Road, tel. (518)458-7250, has the greatest number of rooms in the area and thus functions well as a convention site and meeting center. Individuals and families are also accommodated cordially. Children under 12 free. Indoor pool. Moderate to Expensive.

Suisse Chalet Inn, 44 Wolf Road, I-87 Exit 2E, tel. (518)459-5670, is a great bargain for price and location. The decor is simple; the rooms are clean. This is a comfortable place to lay one's head. The Inn has no restaurant but a small delicatessen next door serves good food throughout the day and into the night. The word seems to be out about this motel so reservations are recommended well in advance. Inexpensive.

Sheraton Airport Inn, 200 Wolf Road, tel. 458-1000, offers comfortable rooms, accommodating restaurant and year-round swimming. Children under 18 are free with an adult. Expensive.

Along I-90, Rte. 787 and Rte. 87

Best Western Thruway House, 1375 Washington Ave., tel. (518)459-3100, stands opposite the SUNYA campus. Facilities include the Four Seasons Dinner Theater, the BBC Disco, and a restaurant. The motel complex was built in the early 60's and has been well maintained. Children under 12 free with adult. Outdoor pool. Moderate.

Holiday Inn, Broadway, Menands, tel. (518)463-1121, the standard model for the well-known chain, provides clean, well-supervised accommodations. Other branches are located in Latham, Colonie and Schenectady. Children 18 and under free. Moderate.

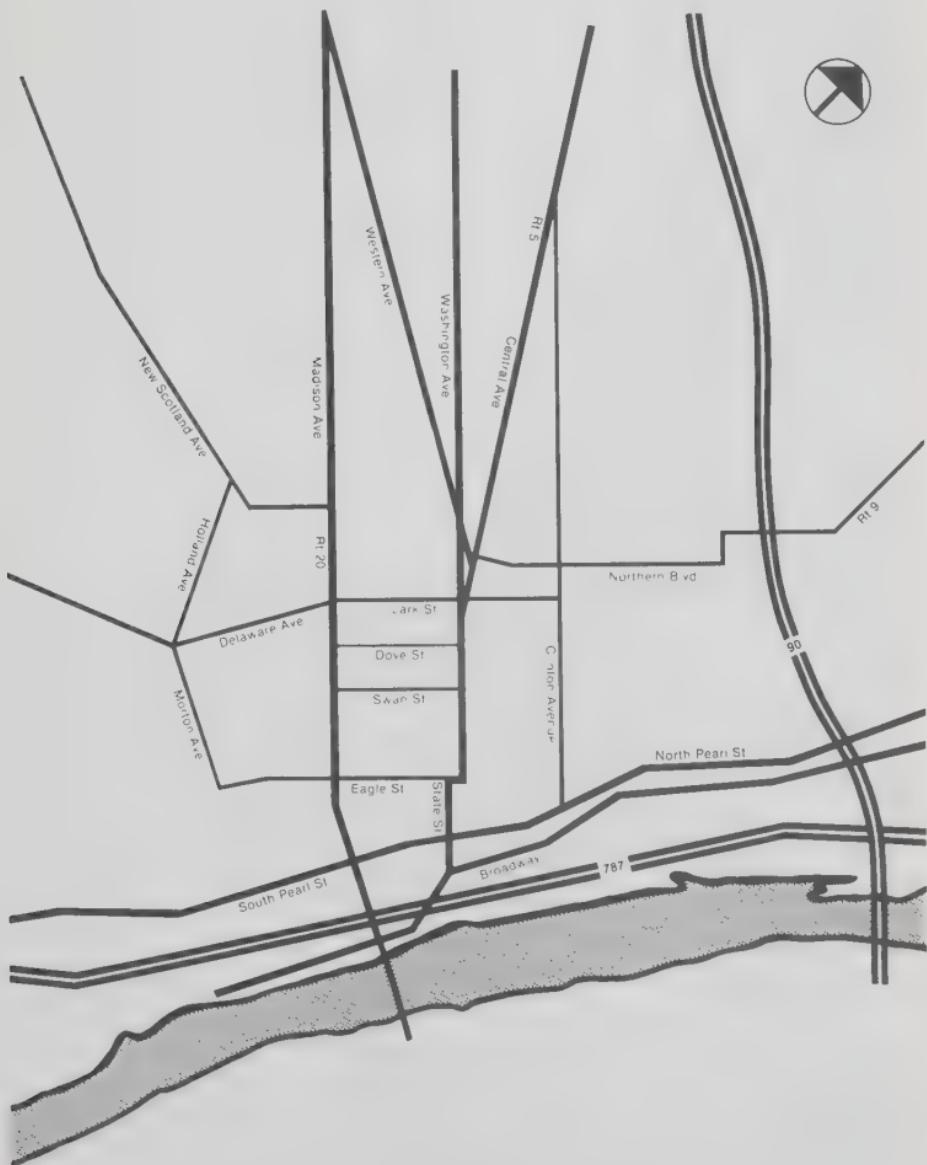
The Quality Inn, I-90 and Everett Road, tel. (518)438-8431, is a large, modern facility which welcomes individual travelers and also hosts affairs for large groups. Children under 17 free with adult. Moderate to Expensive.

Tom Sawyer, 1444 Western Ave., tel. (518)438-3594, is another great find for the visitor. The atmosphere of this small motel is homey and inviting; the buildings are well-kept and the service is congenial. The restaurant is good and the shopping center and restaurants across the street are very pleasant. Family accommodations and rates are available. Outdoor pool. Inexpensive.

Downtown

Best Western Inn Town, 300 Broadway, tel. (518)434-4111, is located close to bus terminals, the financial district and the Empire State Plaza. The rooms have recently been redone and the inn is under new management. Children under 16 free with adult in same room. Moderate.

Major Albany Streets





Sports & Recreation

Albany's location at the confluence of two major rivers and in the valley between three major mountain ranges makes it a sportsman's paradise. The abundance of lakes and rivers makes water sports, from sailing to ice fishing, possible year round. The hills and mountains allow for woodland sports, from hunting to snow-shoeing, from January to December. The carefully tended parks in and around the city provide splendid playing fields, and the field houses, gymnasiums and arenas of area schools supply excellent facilities for indoor sports.

This chapter has two major parts. The first describes individual and team sports for participants and spectators. The second deals with general recreation and use of the land.

Sports: For the Athlete

Baseball

The region has several very active leagues with different age levels and different goals. For information call the Bureau of Parks and Recreation, tel. 462-8681.

Biking

The city has defined a bike path along the less traveled streets and through the park. Green signs mark the route which runs from the university to the river and then along the riverfront.

Mohawk-Hudson Wheelmen is a touring bicycle club. During the season the club runs two regularly scheduled rides each weekend, including weekend trips, a picnic and a Century Weekend (100 mile event). Some events are "tours" (20-50 miles at 12 m.p.h.); others are "casuals" (7-15 miles at 8 m.p.h.); on occasion they run a "sportsman" (50-100 miles at 16 m.p.h.). For information contact Betty Lou Bailey, Schuyler 16, Netherlands Village, Schenectady 12308.

Boating

The Albany area is a haven for boating enthusiasts. Lakes suitable for small craft abound in the area, and Lake George, the Mohawk and the Hudson accommodate sizeable vessels.

Boat Launching Sites are listed and described in a brochure free for the asking from the New York State Parks and Recreation Bureau, Empire State Plaza 12238.

Canals—The State of New York maintains a 524 mile toll free canal system which is open for use by pleasure boaters as well as commercial vessels May through November. Information about things to do and places to visit along the canals is available through the New York State Department of Commerce, 99 Washington Avenue, Albany 12245. The brochure "Cruising the Canals," published by the Commerce Department, is also useful.

Fishing

Some of the best trout fishing in the country is found along the Battenkill, Kaydeross and Kinderhook Creeks and the Ausable River. Salmon, smallmouth bass, trout and pike can be fished from Lake George. Pike run in Saratoga Lake. For good advice about wise use of all the facilities of the Catskills and Adirondacks, check **Taylor-Vadney**, 303 Central Avenue, tel. 472-9183.

Football

Pop Warner leagues for young players are organized by the city. For information call tel. 462-8681.

Golf

Courses are numerous. Two excellent 18-hole courses open to the public are Albany Municipal, New Scotland Ave., tel. 462-8500, and Saratoga Spa State Park.

Hiking

Hikers should know that topographical maps of the area are available at **Taylor Vadney**, 303 Central Avenue, tel. 472-9183, and at **Trail North**, 895 New Loudon Road, Latham, tel. 785-0340.

Hockey

Hockey leagues for boys and girls are run by the Albany Department of Parks and Recreation, by Albany Academy and by RPI.

Horseback Riding

Instructions and boarding of horses is available at **Mill Pond Stables**, Western Avenue, Guilderland, tel. 456-8810, at **Dutch Manor**, 1641 Western Avenue, tel. 456-5010, and at **Calvak Stables**, 451 Loudon Road, tel. 465-4673.

Hot Air Ballooning

For rides, lessons or equipment for this fascinating sport, contact **Adirondack Balloon Transit, Ltd.**, P. O. Box 65, Glens Falls, 12801, tel. 1-793-6342, or **Star Balloons**, Chatham, NY 12037, tel. 392-3208. On the third weekend in September a festival is held at Warren County Airport, Glens Falls.

Hunting

For information about seasons and regions for hunting, visit **Taylor Vadney**, 303 Central Ave., tel. 472-9183, a small store that offers equipment, licenses and advice.

Old Chatham Hunt Club is the oldest fox hunting club in the country. The hunt is open to members only.

Old Chatham Beagle Hunt Club organizes beagling adventures, mad chases on foot after beagles pursuing rabbits. The hunt is open to members only.



Ice Skating

Ice skating is an increasingly popular winter sport in Albany and facilities are expanding to keep pace with the demand.

Artificial ice is maintained at the **Empire State Plaza Skating Rink** (open M-F 11-2, 2:30-5, and 8-10; weekends, 12:30-2:30, 3-5, and 8-10, with a special Figure Skating Session from 5:30-7:30 and a special children's session Sat. and Sun. 10:30-12), and at **Swinburne Park** (open M-F, 3-5; S-Th, 8-10; and Sat-Sun, 12:30-2:30, 3-5).

Both rinks provide lockers and have machines that serve warm drinks. The rink at Swinburne is partially enclosed but the one at the Plaza is open to the elements—sometimes a chilling wind. Skaters and observers need warm clothing.

Natural ice is cultivated casually at Washington Park near the Lake House, at Rath's Pond on Berkshire Boulevard between Western and New Scotland Avenues off Euclid Avenue, and at Little's Lake, Van Rensselaer Blvd., Menands. Several parks flood the tennis courts and keep a fairly smooth patina of ice throughout the season. By far the best outdoor skating, though, is at **Ann Lee Pond**, along the airport road. The town of Colonie sweeps and floods the pond frequently to maintain a smooth surface and defines areas for hockey, for figure and for recreational skating.

Excellent sheltered skating is also available on the artificial ice at Frear Park in Troy, Central Park in Schenectady and the rink in Watervliet. The outstanding rinks at RPI and Union are open to the public at regularly scheduled hours.

A rink for speed skating is maintained at Saratoga Spa State Park.



Roller Skating

Indoor

Guptill Arena, Rte. 9, tel. 785-0660, three miles north of Latham Circle, offers a well-maintained rink, skate rentals and party facilities. Open mid-September through mid-May on these hours: Wed., Family Night (no charge for rentals, 7-10; Thurs., Ladies Night, 7-11; Fri., 7:30-11; Sat., 7:30-11:30; Sun., 1:30-5; 7:30-11). On Monday and Tuesday the arena is available for rental.

Outdoor

The marble deck of the Empire State Plaza is a wonderful place for skating. The atmosphere is very lively as people of all ages glide across the mammoth platform. Shoeskates are available for rental when the weather permits.

Running

Runners who seek companions or organized activities can contact **Hudson Mohawk Road Runners Club (HMRRC)**, tel. 279-3263, or **Fun Runs**, tel. 439-2905. One major local running event is the Schenectady-Albany Bank-a-thon, a twenty mile race on the last Sunday of March.

Skiing

Downhill

Albany is in the enviable position of being sandwiched amidst the Adirondacks, Catskills and Berkshires. The following ski centers, presented according to driving distance from the city, are those most frequented by Albanians:

Less than one hour:

Brodie Mountain, New Ashford, Mass.

Jiminy Peak, Hancock, Mass.

West Mountain, Glens Falls, N.Y.

One and one half hours:

Gore Mountain, North Creek, N.Y.

Two to two and one half hours:

Stratton, Stratton, Vt.

Bromley, Bromley, Vt.

Killington, Killington, Vt.

Three to three and one half hours:

Sugarbush, Warren, Vt.

Stowe, Vt.

Detailed descriptions of trails at each site are available at the sporting goods stores described in the shopping section. State regulated information about daily conditions is broadcast regularly on the radio or may be obtained at 436-4791. For information about state ski areas at Gore, Whiteface and Belleayre call 457-3285.

Cross-country Skiing

Beresford Farms, Delanson, New York 12053, tel. 895-2345, is the largest ski touring center in the area. It features 16 miles of well-marked and groomed trails, two miles of them lighted for night skiing, and maintains a lodge to serve warm food and beverages. The skier may rent equipment. Special groups are accommodated during the week at special rates.

To reach the Center, take Rte. 20 to Duanesburg; then go 2½ miles west of Duanesburg on Rte. 7, then south one mile on Chadwick Road.

Indian Ladder Farms, Rte. 156, two miles west of Voorheesville, tel. 765-2956, has lovely cross-country skiing trails. Skiers are invited after their jaunt to return to the barn to hot cider and donuts. Hours are Tuesday through Saturday, 9-5; Sunday, 10-5; Closed Mondays.

Also recommended for cross-country skiing are the state parks described elsewhere. Especially good are John Boyd Thatcher Park, Saratoga National Historic Park, Saratoga Spa State Park and Five Rivers Preservation Area.

Sledding and Tobogganing

These sports are practiced in back yards and parks throughout the city, but the hills at **Albany Municipal Golf Course**, New Scotland Avenue, just beyond the Thruway overpass, are unrivaled for their length and challenge. A day at the "Muni" is also an aesthetic experience, for the slopes are extremely graceful.

Swimming

Opportunities for swimming abound in the lakes and streams surrounding the city. Supervised swimming is available at all the state parks. In addition, the city maintains many pools. Eight supervised wading pools, scattered about in city parks, are open every day in summer 10 am-10 pm. All are free.

Four indoor pools are open. The following are summer hours. For winter hours and winter programs call 462-8681.

Bath No. 2 (4th Ave. and S. Pearl St.), M-Sat, 9-4. Admission.

Bath No. 3 (Central Ave. at Ontario St.), M-Sat, 9-4. Admission.

Albany High School, M-F, 9-11:30. Free.

Arbor Hill Community Center (50 N. Lark St.), M-F, 1-4; Sat. 12-3:30. Free.

Four outdoor pools are open to the public free of charge at the following hours in summer.

Lincoln Park Pool (Delaware and Morton Ave.), M-F, 10-12 Red Cross Programs and 1-7 open swim; Sat. 12-7 open swim.

Livingston Ave. Boys Club (Livingston and Lake Ave.), M-F, 12-4:30 open swim; 6-9 open swim; Sat 1-6 open swim.

Mater Christi Pool (New Scotland Ave.,) M-Sun, 12-7 open swim.

South End Teen Center (122 S. Franklin), M-F 1-4 open swim.

Tennis

In addition to the indoor tennis courts open for rental year round as described in the Yellow Pages, the resident may take advantage of thirty-five public courts available at no charge, including twenty-five that are lighted and open from 8 am to midnight.

Lessons are available at Lincoln Park and at Washington Park. Tournaments can be arranged by calling Sal Garufi, 7 Hoffman Avenue, Bureau of Parks and Recreation, Albany 12209.

Racquetball

Racquetball can now be played at a few new sites in the city, all listed in the Yellow Pages.

Sports: For the Spectator

At first glance Albany appears barren to the stadium enthusiast. The seeming absence of major professional teams is noticeable but deceiving, for first-rate basketball, baseball, soccer and hockey are played in the region. And, of course, the premier center for horseracing is right here in Saratoga.

Horseracing

Saratoga Race Track, the nation's oldest track, merits all the lavish praise it is given. The splendor of the grounds, the intimacy of the seating, the accessibility of paddocks and stables, and the sheer abundance of tradition make a visit to the track an exciting and pleasurable experience. Races are held daily during the month of August except Tuesday, with the featured events being the eighth race on Saturday. The first of nine races begins at 1:30. Even those who have never been to the races before and those who do not like to bet enjoy spending an afternoon watching magnificent animals, proficient jockeys and fascinating spectators.

A special feature of the track is **Breakfast at Saratoga**, served from 7 to 9 each race day morning to those who wish to watch the thoroughbreds exercise on the racing oval. An a la carte menu is offered as is a buffet. The cost of the breakfast includes reentry to the track for the day, free admission to the museum of racing, and other options. Children are welcome. The service is excellent and the food is very good. For information call (1)584-6200. Directions: Take I-87 North to Exit 14. Go west on Rte. 9. Follow signs to Race Track, not Raceway. (Thirty minutes.)

Saratoga Harness Track hosts trotters Monday through Saturday from mid-April to mid-November. The track has a comfortable enclosed grandstand which shelters racing fans in all weather, and a pleasant dining room which serves meals every night in the season. Post time is 8:15, but the grandstands and restaurant open at 6. For dining room reservations the number is 885-4372. Directions: Take I 87 North to Exit 13N. Take Rte. 9N to second blinker. Turn right and follow signs. (Thirty minutes.)

Baseball

A double A farm team of the Chicago White Sox is playing in Glens Falls.

Basketball

Area high schools and colleges compete strongly in this urban sport. Of particular note are teams from Siena and SUNYA.

Hockey

The Adirondack Red Wings professional hockey team plays in the Glens Falls Civic Center. Moreover, RPI hockey is superior to most college versions of the sport. The team challenges the best college teams in the country and boasts a loyal band of avid followers. Union College is also developing a fine hockey program.

Area groups organize bus trips to go to baseball, football and hockey games in New York, Montreal and Boston. These are usually advertised locally; the prices are reasonable, the company congenial.

Water Racing

White Water Derby on the Hudson River is an annual event guaranteed to provide exhilaration to contestants and spectators alike. The race, sponsored by Johnsburg Fish and Game Club, takes place early in May in North Creek. The first day of the two day contest is the slalom; the second day is downhill.

Most spectators and photography buffs gather at Spruce Mt. Rapids where the boats must maneuver with great skill to stay upright. Directions: Take I-87 North to Exit 23. Take Rte. 28 to North Creek. (One and one half hours.)

General Recreation: In the City

Washington Park

In the center of the city stands this model urban park on 224 acres of rolling land set aside by the city fathers in 1869.

Remnants of the original formal park remain in the statues, the lacy bridge spanning the lake, the meticulously kept flower beds and the collection of trees in which unusual and exotic species are represented. Today the park functions as a center for recreation for urban dwellers. The benches, playground, picnic tables, walkways and lawns are very busy, especially on summer weekends. The lake invites fishing in clement weather and skating when the mercury drops. The playground is supervised in summer by young people willing to entertain and instruct children. The facilities of the park are increasingly used by the city and by area civic groups to host concerts, festivals and fairs open to the general public.

Many assets of the park invite comment, but part of the fun of visiting a park lies in discovering new corners. One spot that should not be missed, though, is the bird condominium at the head of Hudson Avenue.

Playgrounds

The best in the city are found in Washington Park, in Westland Hills Park, the Swan Street side of the Mall, and the South Lake Avenue side of the Capital District Psychiatric Center.

Other Parks

Erastus Corning 2nd Riverfront Preserve offers picnic benches, bike, jogging and walking paths and a boat launch site. Take Colonie Street Exit off Rte. 787. Follow bike path signs.

The Pine Bush is 4,000 acres of coveted land at the west end of Washington Avenue. The Karner Blue Butterfly, an endangered species, makes its home in this area.

Jewish Community Center, 340 Whitehall Road, Albany 12208, tel. 438-6651, offers a wide variety of very active programs in recreation. Membership is open to all members of the community regardless of religious affiliation. Programs range from Yoga and belly-dancing to ballet and basketball. Red Cross swimming programs are offered in the two pools on the Center's grounds. For information, write the Center and request a copy of their periodic bulletin, **The Shofar**.

YMCA, 274 Washington Avenue, tel. 449-7196, has wonderful facilities for indoor sports and recreation for men and boys. The program is very active. Membership is reasonable.

General Recreation: Outside the City

The New York State Office of Parks and Recreation and the New York State Department of Environmental Conservation operate dozens of historic sites, parks and preserves. All are centered in beautiful locations and maintained with scrupulous attention to preservation and comfort. To receive detailed information about the facilities, contact Parks and Recreation, Albany 12238, tel. 474-0456, or Department of Environmental Conservation, 50 Wolf Road, tel. 474-2121.

For information about:

- Fish and Wildlife, call 457-5690;
- Recreation and Camping, call 457-2500;
- Hiking Trails and Canoe Routes, call 457-3522;
- Publication Room, call 457-3522.



Five Rivers Environmental Education Center, Game Farm Road, Delmar, tel. 457-6094, is a branch of the New York State Department of Environmental Conservation. The Center, which has been nationally recognized with a National Park Service Award, provides an opportunity for people to learn the interdependence of natural phenomena, either on their own as they walk the clearly marked trails using guidebooks, or through classes and workshops presented at the site. The Center publishes a news letter, **The Tributary**. To be on the mailing list or to receive additional information, use the address or telephone number above.

John Boyd Thatcher State Park, located just 18 miles west of Albany (out New Scotland Avenue), is a beautiful park with splendid views of the Hudson-Mohawk Valleys and the peaks of the Adirondack and Green Mountains. Thatcher, as it is called, has fine picnic areas and an olympic swimming pool, but its most popular attraction is the **Indian Ladder Geological Trail**, a naturally formed ledge along the Helderberg Escarpment, an area declared by geologists and paleontologists as one of the richest fossil-bearing formations in the world. The half mile walk along this trail is truly entertaining. The park itself is open 8 am-10 pm, June 16 through Labor Day; the pool is open 11-7 and the Indian Ladder Trail is open 8-8, weather permitting. In the winter, the park is open for ski-touring, snowshoeing, tobogganing and snowmobiling, with heated comfort stations available.

Three other state parks within easy access are Saratoga Spa State Park, Grafton Lakes State Park and Taconic State Park. All are beautifully situated and carefully run.

Saratoga Spa State Park, a beautiful park, has outstanding athletic and health facilities. Two golf courses, an 18-hole course and a 9-hole course, two swimming pools and a dozen well-maintained picnic spots are available as are tennis courts, a speed skating rink and cross country ski trails. Also open to the public are the three bathhouses which offer massage, mineral bath or hot packs. This practice of "bathing," very fashionable in the 20's and 30's, declined for a while but has been regaining popularity in recent years. Those who have taken advantage of this local facility claim that there is no doubt that the process makes one feel invigorated and renewed.

Information about the hours and fees for all the park's features is available at Saratoga Spa State Park, P. O. Box W, Saratoga Springs, 12866, or at the bathhouses:

Washington Bath Pavilion (open all year) (518)584-2010

Roosevelt Bath Pavilion (open summers) (518)584-2011

Lincoln Bath Pavilion (open summers) (518)584-2010

Directions: Take I-87 North to Exit 13N. Take Rte. 9N North to Park entrance. (Thirty minutes.)

The Adirondack Park is a vast area (6 million acres) of publicly and privately owned land carefully overseen by **The Adirondack Park Agency**, whose aim is to protect the area and advise vacationers on wise and full use of available facilities.

The region offers a wealth of opportunities for recreation, for the southern and western areas have gentle slopes and small lakes whereas the northeast harbors high-peaked mountains. Thus boating of all kinds, horseback riding, camping, picnicking, hiking, mountaineering, hunting, fishing, swimming, waterskiing, downhill and cross-country skiing, ice skating and iceboating, snowmobiling and snowshoeing are all possible. The air and water is everywhere crystal clear and pure.

Pamphlets, brochures and information are available at no cost through Adirondack Park Association, Adirondack, NY 12808.

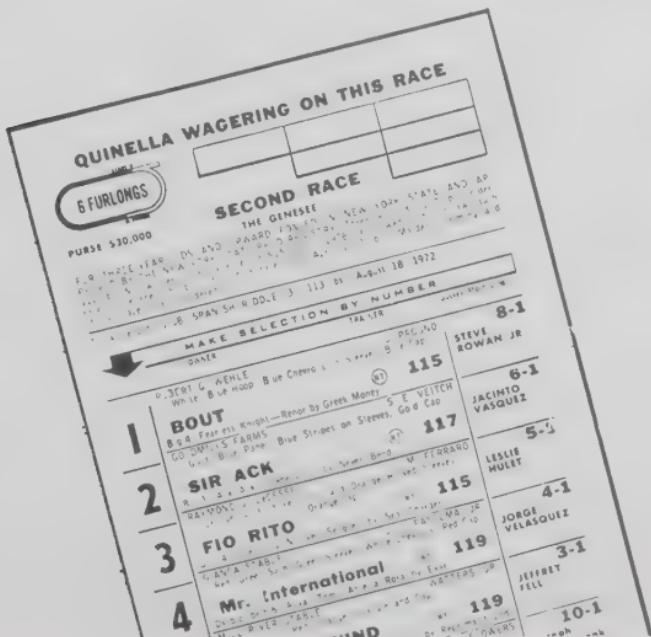
The Edmund Niles Huyck Preserve and Biological Research

Station in Rensselaerville harbors housing and laboratory space for twenty year-round students of the natural sciences and forty summer residents who wish to undertake research in the lands and waters which make up the compound. The preserve is open to the public throughout the year for picnicking, fishing, canoeing, rowboating and cross-country skiing. Visitors should, however, follow the posted regulations carefully to avoid intruding on the wildlife for whom this is a natural habitat.

Gibbs Hillendale Farm, Hillendale Road, Berne, tel. 872-0830, is a fine spot for camping. The land is open for camping May 15 to October 15 for a small fee. To reach the farm, take Rte. 20 west to 146, south to Altamont. Bear right onto Rte. 156; go through Knox. Go two miles. Take first road on the left. Farm is in $\frac{1}{4}$ mile.

The Mohonk Trust, Mohonk Lake, New Paltz, tel. (914)255-0919, is open to the public for general recreation including walking, hiking, camping, horseback riding, bicycling, snowshoeing and ski touring. The setting is beautiful.

The Waterford Flight is a set of "lift locks" that raises boats from the Hudson River to the Mohawk River above the Cohoes Falls. Each of the five locks lifts the craft 33 to 34.5 feet. Each boat is thereby raised a total of 168.8 feet. The trail is well marked and facilities are provided for visitors by the Department of Parks and Recreation. A brochure with more information is available through the Waterford Historical Museum, open Saturday and Sunday afternoons, or the New York State Department of Transportation, tel. 474-2121.





Shopping

Since visitors and residents need to know where to find goods and services available in the city, this chapter has two parts. The first deals with the goods, the second with services. In each section the material is arranged in alphabetical order, the only exception being that clothing and food are presented first.

Editorial Note: The content of this chapter is circumscribed by the limits of the authors' experience. It presents a personal view of the city's resources and includes what the writers know to be good through their own sampling. In no way do the authors imply that businesses not described herein are in any way inferior.

Shopping for Goods

This part of the chapter is based on the premise that there are two types of shoppers: the carefree browser who wants to stroll through stores to see what is available and the efficient purchaser who wants to go directly to a specific object. These different shoppers need different guides. The rambler needs to know where pleasant, nicely displayed, comfortably arranged shopping is available; the efficiency expert needs to know where the unusual, the unique or "the best of its kind" is to be found.

The ground rules for the chapter are as follows:

- a) Outstanding quality and service were the sole criteria used for inclusion.
- b) Major department stores and shopping malls are described and then treated like other stores; they are subsequently mentioned only if they excel.
- c) Superior stores in Troy, Schenectady and Cohoes are included in this chapter.

Survey of Shopping Regions

The most extensive concentration of stores in the Capital District radiates from the intersections of Central Avenue and Wolf Road near Adirondack Northway Exit 2. Here, on land that twenty years ago either functioned as golf fairways or as fields that grew modest yields of corn and fodder, stand three multi-million dollar commercial complexes—Colonie Center, Northway Mall and Wolf Road.

Colonie Center contains dozens of stores, restaurants, banks and offices. Its two major attractions, **Macys** and **Sears**, stand as bookends to a selection of smaller department stores and specialty shops and attract thousands of shoppers from many miles away.

Northway Mall features **Montgomery Wards**. Smaller than Colonie Center, this mall offers a variety of merchandise, most of it of a more inexpensive line.

Wolf Road, which runs from Central Avenue to Albany-Shaker Road, hosts several catalog centers and shopping clusters, and dozens of shops and stores, many of them branches of large chains.

Two other shopping centers cater to the broad tastes and needs of the entire region and draw shoppers from far away. They are **Stuyvesant Plaza** at Western Avenue and Fuller Road, a most pleasant assembly of good local stores, and **Latham Circle Mall**, at Rtes. 7 & 9, which features **J.C. Penney** and the **Boston Store** as well as many smaller shops.

The shopper with a specific item in mind, on the other hand, will soon discover **Central Avenue**, where small, local stores offer in-depth merchandise of particular kinds.

One final area rewards the browser's efforts—**Robinson Square**, 325 Hamilton Street, tel. 463-5327. This is a newly established shopping area in the midst of the city, to the west of the Empire State Plaza. Small speciality shops—gifts, candy, art—nestle in a row of restored brownstone houses. The shops tend to be small, the merchandise fine, and the atmosphere friendly and unaggressive.

Survey of Department Stores

Department stores are strollers' delights, for everything can be seen in one place. Each has its speciality, however. **Macy's**, Colonie Center, tel. 459-1950, offers a wide selection of good clothing, accessories, linens, sound systems, furniture and kitchen wares. Like its famous New York-based parent, it carries the chic and the sensible, the exotic and the mundane. It often runs unbeatable sales.

Sears, Colonie Center, tel. 454-3000, also an offspring of a major corporation, enjoys a longstanding reputation for good quality, especially in large appliances, home and garden tools, housewares and durable clothing. Sears stands behind its products and maintains a fleet of service and repair vans.

Montgomery Wards, Northway Mall, tel. 447-2000, and Menands, tel. 447-2000, offers a less expensive line of merchandise in all departments and thus competes also with **K-Mart**, Route 155 and Central Avenue, tel. 456-7701, and **Two Guys**, off Rte. 787 in Menands, tel. 436-0712, both discount stores.

Catalog Houses—Three major centers for discount catalog shopping can be found in the city.

Boardman's	833 Broadway	462-6771
Present Company Service Merchandise	Western Ave. & Rte. 155	456-4993
	110 Computer Drive	458-1915
	145 Wolf Road	458-7501

Guide to Shopping for Goods Clothing Women's

As in most cities, small shops geared to a special clientele complement the department stores' array of clothing. The most unique area store, **Cohoes Manufacturing Company**, 43 Mohawk Street, Cohoes, tel. 237-0524, carries designer and fine clothes and accessories at substantial discounts. The shoe and leather goods departments are of particular note. So dramatic are the merchandising tactics of this store that charter buses from as far away as Long Island frequently deliver scores of women for a day's shopping spree.

Alvin Elitzer, 469 Albany-Shaker Road, tel. 458-1102, **The Country Miss**, Stop 26 Troy-Schenectady Road, tel. 785-5553, and **Slimline**, 475 Albany-Shaker Road, tel. 458-7064, carry designer clothes and superior apparel and take pride in the time and attention their sales personnel can give in matching the clothes to the wearer.

Casual Set, Stuyvesant Plaza, tel. 482-7136, **The Clothes Horse** at Toll Gate, 1569 New Scotland Road, tel. 439-2595, and **Town and Tweed**, Delaware Shopping Plaza, tel. 439-4018, carry casual clothes at moderate prices. **Barbizon Fashion Shops**, Wolf Road, tel. 459-5637, and Westgate, tel. 489-3243, carry a selection of women's clothes in a wide range of styles, all discounted. **Dalls**, Troy-Schenectady Road, tel. 785-0958, sells select clothing for women at discount prices.

Men's

Men can choose from **Stulmaker's**, 8 James Street, tel. 436-1142, or **Wells and Coverly**, Stuyvesant Plaza, tel. 489-5508, and **Spectors**, 233 Central Ave., tel. 434-0187. **Cohoes Manufacturing**, Mohawk Street, Cohoes, has an excellent men's department. **Dalls**, Troy-Schenectady Road, tel. 785-0958, sells select clothing and accessories for men at discount.

Children's

Clothing for children is available at **Wells and Coverly** (boys only), Stuyvesant Plaza, tel. 489-5508; **Little Folks Shop** in Colonie Center, tel. 459-6555, and Delaware Plaza, tel. 439-2970; and at **Slimline**, Albany-Shaker Road, tel. 458-7064. **Babyland**, 16 Central Avenue, tel. 436-0300, carries charming clothes from size newborn to 6X. **Lil 'n Lou**, a family operated store at 238 New Scotland Avenue, tel. 482-4344, stocks an ample supply of moderately priced children's clothes. **Kids Samples**, 632 Central Avenue, tel. 489-8830, sells select children's clothes at dramatic mark-downs.

The Entire Family

Peter Harris, 406 Kenwood Avenue, tel. 439-9510, has sportswear for all sizes—at greatly reduced prices. **Schaffers**, 640 Central Avenue, tel. 482-8010, the store that outfits the major portion of the uniformed work force and a majority of the uniformed school children in the city, stocks jeans, T-shirts, workpants, fatigues and khakis of most sizes and makes. This no-nonsense store provides rugged wear, including footwear, for all family members. A similar line of clothes is available at **Adirondack Dan—Army Navy Store**, 59 N. Pearl St., tel. 434-3495.

Food

Meat

Special cuts of meat are available at **Emil Meister's Market, Inc.**, 329 Ontario Street, tel. 482-2556, as are homemade German-style bologna, sausages and salads. Prime cuts are available at **Modern Food Market**, 615 New Scotland Avenue, tel. 482-2927, which also offers prepared fish, salads and brigole. **Primo's Prime Meats**, 540 Clinton Avenue, tel. 465-2012, sells excellent prime meats and also caters to customers buying in bulk for freezing. **Rolf's Pork Store**, 70 Lexington Avenue, tel. 463-0185, carries excellent meats. All four of these stores have skilled butchers who cut meat to the needs and taste of the customer.

Hembolt's hot dogs and sausages are available at fine butchers in Troy. They all have a spicy good taste not duplicated in mass produced franks.

Fish

Fresh fish is available at one small store downtown: **A. C. Thomas**, 25 Central Avenue, tel. 463-9005. **L & B Fish and Clam Market**, 1241 Central Avenue, tel. 459-4708, with branches in Latham, tel. 783-1047, and East Greenbush, tel. 477-7638, offers wide variety and terrific specials. A large and busy store with good selection, **Two Cousins Fish Market**, 581 Livingston Avenue, tel. 449-1671, also makes and sells its own chowder and sauces.

Fruits and Vegetables

W.F. Ryan, 114 Railroad Avenue, tel. 459-5775, stocks abundant varieties of fresh produce. The prices are very reasonable.

Among super markets, a varied selection of fresh fruit and vegetables is found at **Price Chopper**, Madison and West Lawrence, tel. 438-6241, and **Lemmes**, 205 Lark St., tel. 463-0076. **Nasar's**, 50 Remsen St., Cohoes, tel. 237-1722, has beautiful produce.

Three major farm markets are open to the public. The **Menands Market**, Broadway, tel. 465-1023, is the largest. Each weekday, long before dawn, farmers bring their produce to this center and buyers from large and small markets bid and buy. The general public is welcome. The **Grand Street Market**, another outdoor market, operates on Saturday mornings in Spring, Summer, and Fall at Pearl and Hudson.

Farmer's Market, to which farmers drive their produce and sell from the backs of their trucks, are located at:

St. Vincent De Paul Church, 900 Madison Ave., Wed, 3-8

St. Thomas Church, Delmar, Fri, 9-1

Parking Lot, corner Madison Ave. & Pearl St. Sat, 7.

Farm Stands

Two fresh vegetable and fruit markets have served the city for many years: **Kobler's Market**, Whitehall Road and **LaVies**, Rte. 155 off New Scotland Road. Both of these stands keep long hours and are open from the beginning of the season to the end. Smaller stands are located along Sand Creek Road and Albany-Shaker Road. A major market across the river often draws residents: **Peacedale Farms**, Schodack Landing, open 8-7 daily during harvest months, caters to the large quantity needs of the canner.

Hand melons, a regional specialty, are sold in August in the Saratoga area.



Pick-Your-Own Fruit

Some of the farms which allow patrons picking privileges advertise the dates and hours in newspaper classified sections as soon as the fruit is ripe. Strawberries, raspberries and apples are the major crops. Strawberries are available in June at **Yonder Farms**, North Greenbush Road, Troy, tel. 283-4267. Raspberries are available in late July and early September at **Indian Ladder Farms**, Altamont, tel. 482-8996. Apples of all varieties can be picked in the Fall at **The Fo'Castle Country Store**, Burnt Hills, tel. 399-8322, and at **Indian Ladder Farms**, Altamont, tel. 482-8996. The farms stipulate which trees can be picked on any given day. Those in quest of a particular variety should watch the paper or call ahead. These farms also sell their fruit already in baskets and market fresh fruit pies, breads and cakes. The largest variety of fruits for picking is at **Samscott Orchards**, Kinderhook, tel. 758-7224, open daily mid-June to mid-November.

Health Foods are sold at **The Store**, 28 Central Avenue, tel. 463-7822, and at **General Nutrition Center**, Northway Mall, tel. 459-9814.

Cheeses

Cheese is featured in many varieties in some area supermarkets (**Price Chopper** at Madison and West Lawrence is good, at delicatessens, particularly **Joes**, Madison Avenue, and at cheese shops like **Hickory Farms**, Colonie Center. the delicatessen shop at **Macy's** also has a fine assortment. An impressive selection is at **Roma Importing**, 9 Cobbee Road, Latham, tel. 785-7480. Full wheels are available at wholesale prices at **Crisafulli**, 95 Tivoli Street, tel. 463-2111.

Imported Foods

Because of the rich cultural mix represented within Albany's population, foods native to other countries form a base for the regional diet and are easily available. The largest importer, **Roma Importing Co.**, 9 Cobbee Road in Latham, tel. 785-7480, focuses on Italian, Greek and Near-Eastern foods including cold cuts, cheeses, breads, pastas, canned and dried ingredients and spices. Roma also carries such diverse items as delicate French soups and English jams, teas and biscuits. **Pellegrino Importing Co.**, 165 Madison Avenue, tel. 434-6695, a smaller concern, features Italian foods, whereas **Kim's Oriental Gourmet and Gift Shoppe**, 1649 Central Avenue, tel. 869-9981, sells foods from the Far East. **Pellegrino's** 1117 Central Ave., tel. 459-4472, has fresh philo leaves.

Throughout the area in bakeries and butcher shops pizza dough and imported sausage are available.

Baked Goods

The best bread in the area is ethnic. Of the many French and Italian bakeries, the best is **Ninos**, 718 Central Avenue, tel. 489-6640. The breads and rolls, made in an assortment of sizes and shapes, are full bodied and flavorful. Ninos also makes Italian pastries and decorated cakes for special occasions.

Bagels made at **Bagel Baron**, 279 New Scotland Avenue, tel. 482-9264, are very good. **Brooks Doughnut Shop**, 176 Northern Blvd., tel. 463-7082, makes tasty crullers and twists. **Phil's Pastry Shop**, 38 Central Avenue, tel. 462-1825, is also noted for its doughnuts, its rolled cinnamon bread and its danish pastries. It also makes beautiful and delicious decorated cakes. For occasional breads and whipped cream desserts, **Leo's**, 28 Maple Avenue (near Quail Street and New Scotland Avenue), tel. 482-7902, is famous.

Italian pastries and butter cookies and candy as well as sensational filled rum cakes are sold at **Rappazzo's**, 1020 Central Avenue, tel. 482-7214.

Pastries, expensive but superb, are sold by **Mrs. London's Pastry Shop**, Phila Street, Saratoga, tel. 1-584-6633, and at **J.J.'s Yogurt Shop**, Robinson Square, tel. 462-1110.

Genghis Cookie, Colonie Center (the northeast corner, top level, near Sears), serves warm cookies that are expensive but delicious.

Continental Pastry Shop, Twenty Mall, Guilderland, tel. 456-4901, makes European and French pastries to order. The store also sells good bread and other baked goods.

Grandma's Restaurant, 1273 Central Avenue, tel. 459-4585, sells good pies to take out.

No study of the area's baked goods would be complete without at least a mention of **Freihofer's** chocolate chip cookies, beloved of area residents for years. Indeed, for a commercial bakery, Freihofer's products are generally outstanding.

Bakeries Nearby

Troy, Green Island and Watervliet are graced by the presence of fine bakeries, all with basically excellent wares and specialties as well.

For fine cookies, **Neudecker's**, 468 Fifth Ave., Troy, tel. 235-7284, is good. **Prediger's**, 98 Hudson Ave., Green Island, tel. 273-3620, has wonderful rye bread, coffee cakes and German Christmas cookies.

Nelligan's, 32 Fourth St., Troy, tel. 272-3442, makes Irish soda bread on Friday. **Schuyler Pastry Shop**, 637 Third Ave., Watervliet, tel. 273-0142, makes miniature Danish pastries and uniquely decorated specialty cakes.

Candy

The largest assortment of candy in the Capital District is found at **Candy-Kraft** at McCormicks Corners, five miles outside the city limits on Rte. 20. They feature homemade candy and fudge and special candies for Christmas and Easter.

Easter candy is also available at **Verstandig's**, 454 Delaware Avenue, tel. 439-4946, and seasonal as well as year-round designs on marzipan are hand-made at **Rappazzos**, 1020 Central Avenue, tel. 482-7214, which also has excellent chocolate candy.

Fancy candies, domestic and imported, are sold at **Le Chocolatier**, Robinson Square, tel. 434-1709.



Frozen Desserts

Frozen confections of superior quality are found at two chains.

Baskin-Robbins Ice Cream, at Colonie Center, Delaware Plaza and Latham Mall, offers exotic flavors of "all natural" ice cream and sherbet. **Carvel**, 222 Delaware Avenue, Elsmere, tel. 439-7253, and 1321 Central Ave., tel. 459-7226, features soft ice cream. Both stores make specialty items and personalized ice cream cakes. Particularly noteworthy are lollapaluzzas, a unique concoction of the manager of the Elsmere **Carvel**, guaranteed to please children and adults.

Rappazzos, 1020 Central Avenue, tel. 482-7214, makes its own Italian ice and spumoni and will prepare molded ice cream to order.

The Cream Machine, 88 Third Street, Troy, tel. 272-9624, makes its own ice cream. It is fun to watch it being made and the product is delicious.

Nuts

A wide assortment of nuts are roasted right on the premises of three area shops: **The Nut Factory**, 231 Wolf Road, tel. 458-7030, and Empire State Plaza, tel. 465-3723, and **The Peanut Store**, 5 Pearl St., tel. 472-9546.

Prepared Foods

Frozen Foods, including hors d'oeuvres, pastries and vegetables are sold at **CWC Distributors**, Colonie St. (off Broadway) and Montgomery St., tel. 463-1246.

Fresh Coffee and Exotic Teas

Coffee beans, grinders, containers, mugs and related gifts are available at **The Daily Grind**, 200 Lark Street, tel. 434-1482, and at **Pearl Grant/Richmond**, Stuyvesant Plaza, tel. 438-8409. **Macy's** has a fine selection of teas.

Kitchen Supplies

This category includes functional and decorative wares. **H. Horton and Co.**, 410 Broadway, tel. 463-1281, sells restaurant and hotel equipment, ranging from large pots to small freezer containers, all durable and reasonably priced. **Lewis Equipment Co.**, 450 N. Pearl St., tel. 465-5252, also stocks these supplies.

Small kitchen appliances are available at **Sears**, Colonie Center, which features a store brand and at **Macy's**, Colonie Center, which stocks most major brands. Both of these stores run occasional sales, but often the everyday prices at the catalog showrooms in the area are lower than even the special prices at department stores.

Colorful and decorative items are available at "**The Cellar**" in **Macy's**, at **Mayfair Home Furnishing**, Wolf Road Park, tel. 458-7080, and at **Pearl Grant/Richmond**, Stuyvesant Plaza, tel. 438-8409.

Difficult-to-find smaller items are sold at **The Cottage Herb Shop**, 311 State Street, tel. 465-1130, and at **Pier 1**, 120 Wolf Road, tel. 459-5304.

Dansk, 50 Mohawk St., Cohoes, tel. 235-9906, has colorful cooking ware at discount prices.

Wine and Liquor

Superior wines are available at **Madison Liquor and Wine Co.**, 1078 Madison Ave., tel. 438-3565, and at **The Wine Shop**, 265 New Scotland Ave., tel. 438-1116.

Bargains on wines are sometimes available at **Barbara's World of Wine and Liquor**, 197 Wolf Road, tel. 459-7918, and at **Country Liquor**, Intersection Rtes 9 and 236, 6 miles north of Latham Circle, tel. 371-8953, and at **Westgate Wine and Liquor**, Westgate Shopping Center, tel. 482-4011.

Beer and Soda

Cases of these beverages are sold at discount prices at **Capital Beer and Soda Corp.**, 25 Warren St. (off Eagle west of Madison), tel. 465-8128.



Shopping for Goods

The following is arranged in alphabetical order according to item.

Appliances

Cornwell, 1357 Central Avenue, tel. 459-3700; **Green Appliance**, 107 Central Avenue, tel. 465-0851; **Algen Sales**, 79 Ramsey Place, tel. 489-8272; or **Braun**, 516 Broadway, tel. 463-1255, sell good products, support their customers, and offer immediate, dependable service.

Lexington Vacuum, 562 Central Ave., tel. 482-4427, markets and guarantees excellent vacuum cleaners and provides superior service.

Antiques

Many small shops and barns on the roads leading away from the city sell antiques of all varieties. In addition, many local families put estates up for auction. The shopper constantly on the watch for antiques must first place his name on the mailing list for two regional auctioneers (Rundle Gilbert, Rte. 9D, Garrison, tel. 914-424-3657, and H. R. Siegel, 252 Sherman St., tel. 463-6454). Second, he must watch the classified sections of the newspapers in the Spring and Fall.

Two local galleries trade in Antiques. **British American Galleries, Ltd.**, 423 Loudonville Road, tel. 462-5331, offers American and Continental furniture, lamps and china. **"Sign of the Coffee Mill,"** 67 Adams Place, Delmar, tel. 439-1021, has fourteen rooms plus a carriage house filled to the brim. Its owners prefer that shoppers call ahead.

In downtown Albany, **Lark Street** between Washington and Madison has become something of a center of antique trading. Antiques fans should amble in and out of those little shops. Also, the **Parts Warehouse**, described in the chapter on Community Development, deserves the attention of those interested in urban restoration. The mantels, fixtures and accessories of older city homes can be found there.

Art Supplies

Artist and Draftsman Supplies are available at **Arlene's Artist Materials**, 57 Fuller Road, tel. 482-8881, and at **W. L. Coughtry**, 268 Central Avenue, tel. 463-2192. Both stores have been open for years, and clerks at both are willing and able to give advice.

Automobile Parts and Accessories

Along Central Avenue, between Northern Blvd. and Quail Street, are numerous shops catering to the do-it-yourself mechanic and customizer.

Tires at **Richland Tire Co.**, 756 Clinton Avenue, tel. 482-3680, come with a good price, good guarantee and fine service. They put on and take off snow tires purchased there with no service charge for as many years as the tires last.

Bedding

Factory Bedding Outlet, 80 North Mohawk St., tel. 237-8400, carries a wide selection of materials for bed and bath, all at discounted prices. Open: M-Sat, 9:30-5; F, till 9.

Bikes

Down Tube, 154 Quail Street, tel. 434-1711, sells fine quality racing bikes and offers excellent service. **Klarsfeld**, 1370 Central Avenue, tel. 459-3272, deal exclusively in Raleigh and Schwinn. **Meyers**, 1958 New Scotland Avenue, Slingerlands, tel. 439-5966, sells Columbia and Panasonic bikes and repairs all models at reasonable prices.

Books

Clapps, 1032 Madison Ave., tel. 482-4136, emphasizes current best sellers and books of local interest. They courteously and efficiently fill special orders. There is another branch at Twenty Mall, Guilderland, tel. 456-5772. The two largest book dealers in the area are **Walden Book Store**, Colonie Center, tel. 459-1588, and **Union Book Co.**, 131 State St., Schenectady, tel. 393-4011. **The Noble Lion**, Robinson Sq., tel. 465-5996, emphasizes attractive books. **The Book House** in Stuyvesant Plaza, tel. 489-4761, appeals to children and students as well as adults.

The Open Door, 136 Jay Street, Schenectady, tel. 346-2719, is a bookstore-giftshop aimed at the "discriminating reader." The owners carefully select hardcover and paperback books for their quality and importance. They welcome special orders.

Used books are sold at **Bryn Mawr Book Store**, 19 Dove Street, tel. 465-8126, and at **London Book Store**, 127 Madison Ave., tel. 436-1425.

Cameras

Cameras and Photographic Equipment of many different brands are sold by knowledgeable clerks at **State Photo Supply Corporation**, 226 North Allen, tel. 438-8411, and at **Berns Camera Stores**, 84 N. Pearl St., tel. 463-7777, and Colonie Center, tel. 459-3366.

Candles

Candles are inexpensive at **Pier I**, 120 Wolf Road, tel. 459-5304.

Carpets

Oriental rugs are sold at **K. Kermani**, 3905 State Street, Schenectady. A wide range of carpeting is sold by **Gentile's**, 1100 Central Avenue, tel. 459-2440.

Costumes

Costumes are sold and rented by **The Costume**, 444 State St., Schenectady, tel. 374-7442.



Dairy

Products of the highest caliber are available at **Heath's Shady Lawn Dairy**, Glenmont, tel. 463-1721.

Decorating Supplies

Rayge Display, 29 Hudson Ave., tel. 434-6910, is a basic decorating store. Craft supplies and objects for embellishing homes, churches, businesses and stores—especially for holidays—are sold. Consultation is available. Open: M-F, 9-5:30; (Wed. until 8, Sat. until 4).

Fabrics

A wide selection of yard goods for home decorating is available at **Land O' Fabrics**, 155 Central Ave., tel. 465-6881. Everything is in stock. The store also offers a shop at home service and custom sewing if desired. **Knights**, 112 State St., tel. 436-1822, carries end lots of top quality wools, silks, linens and other fine fabrics for the sewer looking for designer materials. Customers for Knights can park in the Marine Midland Bank garage at no cost.

Home Fabric Mills, 443 Saratoga Road, Scotia, tel. 399-6325, markets decorator fabrics for draperies, slipcovers and upholstery at dramatically reduced prices. They also supply lists of persons skilled in sewing skills.

Florists

Several florists in the city seem consistently superior—**Joseph G. Gully**, Robinson Square, tel. 462-5506; **Verstandigs**, 454 Delaware Ave., tel. 439-4946; and **Dankers**, 658 Central Ave., tel. 489-5461.

Furniture

Traditional furniture of high quality is found at three local stores: **John B. Hauf**, 175 Central Avenue, tel. 434-1151; **Mayfair Home Furnishing**, Wolf Road Park, tel. 458-7080; and **R. S. Ras Co.**, 1252 Central Avenue, tel. 459-3660.

Contemporary furniture is found at **Workbench**, Wolf Road Park, tel. 458-7490, and at **Wood Design**, 194 Old Loudon Road, Latham, tel. 783-6663. Workbench features Scandinavian imported items noted for simplicity of design. Wood Design sells only hand crafted furniture. Each piece is custom-made to suit the size and finish requirements of the customer.

Nursery furnishings are available at **Babyland**, 16 Central Avenue, tel. 436-0300.

Gifts

The museum shops connected with **Albany Institute of History and Art**, tel. 465-1281, and the **Cultural Education Center** in The Empire State Plaza, tel. 449-1404, carry prints, reproductions, books, jewelry, decorative items, games and toys. Many of the items cannot be found elsewhere in the city. **The Medical College Book Store**, tel. 445-5444, also stocks items of unique quality. Of course all three of these stores carry books.

Gifts of fine china, linen, crystal, silver and porcelain are available at **Frank Adams**, 58 No. Pearl Street, tel. 463-3278, and at **Mayfair Home Furnishings**, Wolf Road Park, tel. 458-7080. More contemporary gifts for the home can be found at **Pearl Grant/Richmond**, Stuyvesant Plaza, tel. 438-8409, at **Slimline Fashion and Gifts**, 475 Albany-Shaker Road, tel. 458-7064, and at **Forms and Foliage**, Wolf Road Park, tel. 458-1313.

Assorted gifts of interesting diversity are found at **Stop 26**, 1068 Troy-Schenectady Road, tel. 785-1415, at **Verstandigs Florists**, 454 Delaware Avenue, tel. 439-4946, at **Country Corner**, 449 Delaware Avenue, tel. 439-6671, and **Shuttle Hill Herb Shop**, 256B Delaware Avenue, tel. 439-6882, and at **Cottage Herb Shop**, 311 State St., tel. 465-1130.

Dansk recently opened an outlet at 50 Mohawk Street, Cohoes, tel. 235-9906. The store sells glassware, pottery, kitchenware and luggage. Some are seconds, but all are notably reduced.

Handicrafts

Weaving, macrame, knitting, sewing and beading supplies are available at **Warp and Waft**, 475 Albany-Shaker Road, tel. 458-7784. The store sells finished products and takes orders for custom-made items.

Gluing, sewing and painting crafts are sold at **Crafts Plus**, Stuyvesant Plaza, tel. 438-7679. This store stocks many kits to introduce adults and children to hobbies.

Leather working and candle making supplies can be found at **Tandy Leather Co.**, 85 Central Avenue, tel. 434-8998.

Materials for fine stitchery—needlepoint, embroidery, crewel, and knitting—as well as beautiful buttons and trimmings are available at **A Stitch in Time**, 68 Central Avenue, tel. 436-8758.

Home Improvement Hardware

The best stocked hardware stores in the city are **Terminal Hardware**, 1157 Central Avenue, tel. 459-2300, and **Rosano's Farm Store**, 1245 Central Avenue, tel. 459-4400. Both carry supplies for large and small jobs and offer a wide selection. The clerks at both stores willingly give advice and counsel. Rosano's offers a complete tool rental service.

A major resource for the entire area is **Wallace Armor Hardware Store**, 225 Erie Boulevard, Schenectady, tel. 393-1381, an independent store in operation since 1890. Housed in the same building since 1925, it still has a cash carrier and splendid old-fashioned display cabinets filled with fine quality tools.

Because of its function as a center of transshipment, Albany houses major supply centers for building materials. **Grimm Building Material and Pipe Co.**, 1110 Central Avenue, tel. 459-1440, is probably the largest, but the "Yellow Pages" list dozens of others under the items they store and sell. The merchants tend to be very cooperative. If they do not have an item they will suggest others who might and will give other valuable advice.

Paint

Paint Stores are clustered on two blocks along Central Avenue between Robin and Quail Streets. Most national brands are represented there. Many local residents travel to **Passano Paint Co.**, 500 Broadway, Watervliet, tel. 273-3822, a factory store which sells P & C paints. Manufactured locally, this excellent paint is priced well below standard brands. An Albany branch is scheduled to open at 1438 Western Ave.

Wallpaper is available at the stores along Central Avenue. **Deitcher's**, 188 Remsen Street, Cohoes, tel. 237-9260, has hundreds of books, all discounted about 30%, and also sells factory overruns or discontinued patterns at between \$2 and \$5 per roll. Factory seconds of decorator papers are sold at **Old Stone Mill**, Adams, Mass., tel. (413)743-1015. Open weekdays, 10-4; Thurs. till 8; Sat. 9-12.

Ceramic Tile is sold at **Albany Tile Co.** 452 N. Pearl St., tel. 434-0155. Tools are available for rental.

Those interested in restoration of older structures should refer to the section on the Parts Warehouse in the chapter on community development.

Jewelry

Jewelry of lasting value or substantial value is best purchased with the guidance of expert advice. Such is available at **Frank Adams**, 58 North Pearl Street, tel. 463-3278, and at **Kelly's Jewelers**, 88 Central Avenue, tel. 449-5187.

Beautiful Indian jewelry is sold at **American Indian Treasures**, 2558 Western Avenue, tel. 456-3324. Contemporary jewelry is found at **Forms and Foliage**, Wolf Road Park, tel. 458-1313.

Leather

Rumplestiltskin & Friends, 33 Second St., Troy, tel. 273-1811, sells fine quality hand-crafted items—leather goods, silver and cloisonne jewelry, scrimshaw, pottery, prints, oils, sculpture, stained glass and wood creations.

Lumber

Lumber is sold at **Cameron Lumber Company**, 1101 Central Avenue, tel. 459-3441, a long-established firm known for courteous service.

Music Stores

Just-a-Song, 211 Central Avenue, tel. 434-0085, has an in-depth collection of contemporary music on tape and record. **The Blue Note**, 156 Central Avenue, tel. 462-0221, carries "every hit record since 1948," and **Nostalgia and All That Jazz**, 248 Lark Street, tel. 463-6543, has jazzy records new and old.

Sheet music is sold at **Van Curler Music Store**, 296 Delaware Avenue, tel. 465-4576. Musical instruments are rented, sold, and repaired at **John Keal Music Company**, 622 Central Avenue, tel. 482-4405.

Newspapers

Newspapers and magazines of great variety are stocked by **Fowlers**, 196 Lark St., tel. 445-9709.

Foreign newspapers are available at **Coulson's News Center**, 402 Broadway, tel. 449-7577 and 454 Delaware Avenue, tel. 465-4232. Both are open 24 hours. Late nighters may get the morning paper before returning home.

Paper Supplies

The Paper Route, 1827 Broadway in Menands, tel. 463-3398, has the widest selection of party items. Also offered are cake decorating courses.

Pets and Pet Supplies

Picadilly Circus Pet Shop, Clifton Country Mall, tel. 371-3570, carries the widest variety of pets and pet supplies in the area. Open M-Sat. 10-9:30; Sun. 12-5. It is an interesting place to visit especially for lovers of birds. Also good are **Kimline Pet Shop**, 1813 Western Avenue, tel. 456-3312, and **Ark pets**, Colonie Center, tel. 459-9098.

Plants for Garden and Home

Two area gardens produce their own plants. **Siesel's Flower Farm**, 488 Loudonville Road, tel. 463-7937, has been family-owned for forty years. In its 12 greenhouses the farm cultivates 40 different types of perennials as well as varied annuals. It is open from 7-6 every day from April 1st to the end of August. **Frank Brother's Nursery**, 30 Russell Road, tel. 438-5122, also cultivate their own plants and offer landscaping consultation. Both Siesel's and Frank Brother's offer superior plants and service.

The Menands Market, described under fruits and vegetables, includes plants for the garden. **Schultz Greenhouse and Garden Center**, 136 Wolf Road, tel. 458-7957, is the largest commercial supplier of all garden needs, and **Valoze Greenhouses**, Route 9 north of the Latham Circle, tel. 785-4343, have greenhouses filled with plants. **The Garden Shoppe**, Feura Bush Road, Glenmont, tel. 356-0442, offers a selection of trees, shrubs, plants and gardening equipment. Professional landscaping services are available. **White Flower Farms** is described in the section on places to go east of Albany.

Cedar Hill Iris Garden, Route 144, six miles south of Albany, sells irises, peonies and many perennials. For information, call Mrs. Vagele, tel. 767-9608.



Sporting Goods

Two stores in the area, **Andy's** and **Herman's**, stock equipment and clothing for all sports. **Andy's**, a local store, has two locations. The emphasis at the 688 New Loudon Road, Latham, stores, tel. 785-3907, is on large equipment (including boats); the store at 74 Fourth Street in Troy, tel. 273-7253, carries clothing and smaller merchandise. In general, the help at Andy's is expert.



Herman's, 20 Wolf Road, tel. 459-1350, a branch of a chain, displays a wide array of clothing and equipment. The store runs frequent dramatic sales concentrating on in-season needs.

The other stores tend to specialize. The accompanying chart should be helpful.

Sport	Store	Comments
Bowling-Billiards and Pool	Bob Daubney 4 Fuller Rd. tel. 438-6656	
Fishing & Hunting	Taylor and Vadney 303 Central Avenue tel. 472-9183	Licenses issued. Equipment for camping & trapping.
Fishing	Orvis, Manchester VT	Offers course in fly fishing
Hiking & Backpacking Cross Country Skiing	Trail North 895 New Loudon Rd., Latham, tel. 785-0340 and at Courtside Tennis, 253A Delaware Ave., Delmar tel. 439-6803	Also light camping and fishing
Hockey	Kemps Sporting Goods 580 New Loudon Rd. Latham, tel. 785-5297	Information about hockey programs in the area available. Used skates sold. Skates sharpened.
Horseback Riding	Berwick Ltd. 1669 Western Ave. tel. 456-2955	Also tennis
Running	Fleet Feet 1593 Central Avenue tel. 869-0411	Excellent selection. Good advice and fitting
Skiing	Ski Mart 600 Troy-Schen. Rd. Latham, tel. 785-5593 Azimuth 897 New Loudon Rd. Latham, tel. 783-7750 and Courtside Tennis, 253A Delaware Ave., Delmar tel. 439-6803	Huge inventory. Wide assortment of types and prices Exclusively alpine skiing Stylish clothing & first quality equipment
Team sports	Johnny Evers 330 Central Ave. tel. 463-2211 Al Smith 47 Green St. tel. 465-6337	Uniforms and equipment Also racquet sports supplier to schools
Tennis	Courtside Tennis 253A Delaware Ave. Delmar tel. 439-6803	Also running shoes

Thrift Shops

Two very good shops are run in Albany, one by Junior League of Albany, 419 Madison Ave., tel. 463-2911, and the other by Albany Medical Center, tel. 445-3125. Both offer fine second hand merchandise. Both also accept donations for which they give receipts for tax credit.

Toys

Savings on many toys are available at Wolf Road stores, **Toys R Us**, tel. 459-5561, **Present Company**, tel. 458-1915 and **Service Merchandise**, tel. 458-7501 and at **Duane's Toyland** in the Loudonville Shopping Center, tel. 462-3253 and at 3901 State Street, Schenectady, tel. 393-7330.

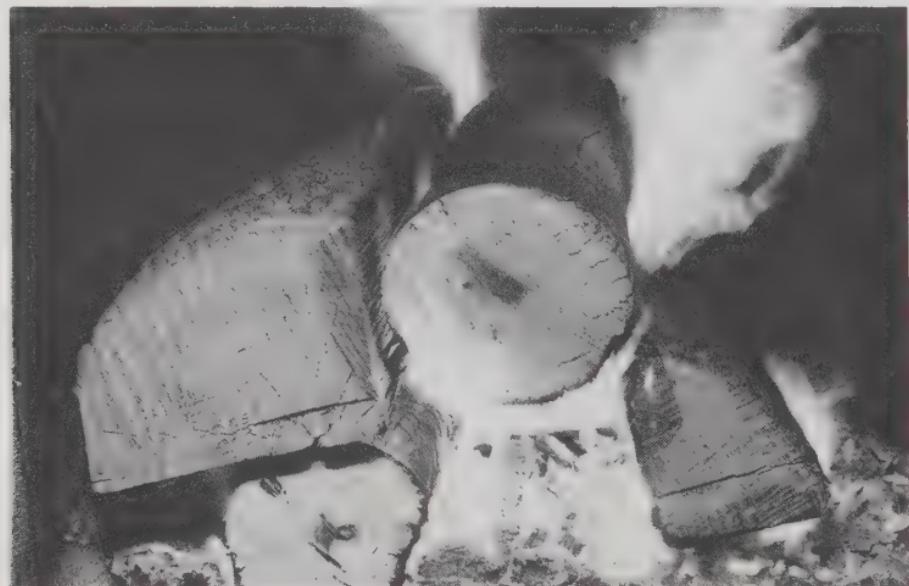
The Doll House in Manchester, Vermont specializes in beautiful toys and accessories for doll houses and draws many local residents. Doll house furniture and miniature items are also available at **Duane's**, at the gift shop in the **Cultural Education Center** and at **Shuttle Hill Herb Shop**, 256 Delaware Ave., tel. 439-6882.

Travel Bags

Tough Traveler, 1328 State Street, Schenectady, tel. 377-8526, makes and sells rugged, useful traveling bags "for people who are hard on equipment." They stand behind everything they sell—even offering a four year guarantee on stitching. Catalogs are available.

Woodstoves

Wood Stoves and Energy Saving Devices are available at **Empire Furnace and Stove**, 793 Broadway, tel. 449-5189, and at **Albany Energy Store**, 4 Sheridan Avenue, tel. 465-1688.



Shopping for Services

In addition to the selection of merchandise, shopping involves the purchase of services. The following chart, arranged in alphabetical order according to the service rendered, is a compilation of merchants that the authors know offer excellent workmanship in their field. The list admittedly reflects the limitations of the authors' experience.

One of the richest sources of part-time or temporary labor is the student population of the region. Students usually bring intelligence, strength and enthusiasm to the work and provide valuable assistance at low cost. Residents who need help with odd jobs ranging from household chores to maintenance, from chauffering to babysitting, from tutoring to bartending can contact the student personnel office on the nearest campus, run an ad in the student newspaper, or post notices on bulletin boards in dormitories or student centers.

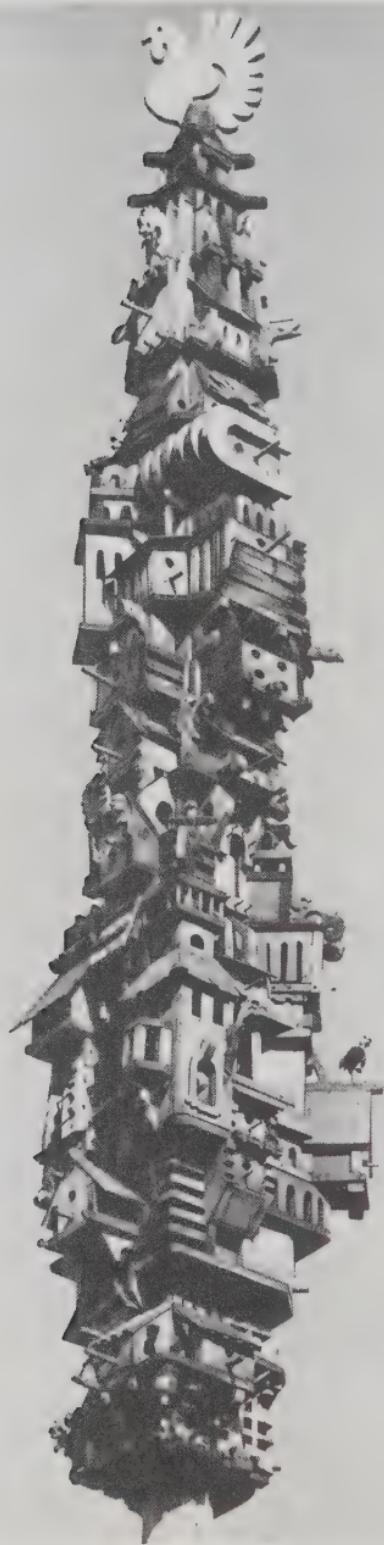
One additional note of advice is worth passing along to those seeking services. When placing an ad in the classified section of the newspapers, it is often advisable to take a newspaper P. O. Box to reduce the number of disinterested responses.

Service	Store	Comments
Bike Repair	Meyers Bike Center 1958 New Scotland Av. Slingerlands tel. 439-5966	Inexpensive but proficient
Bookbinding	Charles F. Mark 393 Sheridan Av. tel. 434-1860	
	Gisele Poullier 15 Elk St. tel 462-0673	Hand bookbinding and restoration
Carpet Cleaning	Lektro Kleen 27 Sherman St. tel. 465-7870	
	Richardson Rug & Carpet Cleaners 15 East Dillenbeck Dr. McKownville, tel. 482-4768	
Catering	Cook's Night Off tel. 439-5395	Custom lunches and dinner parties, formal foods
	Joe's Caterers 851 Madison Av. tel. 489-4062	a long-established restaurant able to serve all kinds of food to serve any size group
	Maharaja 2209 Central Av. tel. 370-3666	Indian foods

Service	Store	Comments
Chair Caning	Joseph Coolihan 17 Hackett Av. Colonie, tel. 459-1164	
Cooking Instruction	L'Hostellerie Bresanne Hillsdale, NY tel. 518-325-3412	Instructions for up to four persons per week in fine cooking
Copying	Coughtry 268 Central Av. tel. 463-2192	
Drapery, Sewing and Restoring	Jobe Draperies 485 South Pearl St. tel. 465-4642	
Dry Cleaning	Buchheims 432 Central Av.	Special services available
	Colonial Cleaners 177 North Allen St. tel. 482-7647	
	Killip 35 Commerce Av. 489-2931	Special services available, delivery
	Paul's Cleaners 21 New Scotland Av. tel. 462-0656	
	Roxy Cleaners 1112 Madison Av. tel. 489-1601	Less expensive, dependable
Film Processing	Duracolor 501 Bradford St. tel. 489-2564	1-day color print service
Framing	Clement Frame & Art Shop 204 Washington Av. tel. 465-4558	
	Hamilton St. Gallery Posters Plus Robinson Square tel. 434-4280	
	Northeast Framing 228 Delaware Av. Delmar, tel. 439-7913.	
Grocery Delivery	Trading Port New Scotland & Ontario, tel. 482-6610	
	Lemme's Lark & State Sts. tel. 463-0076	

Service	Store	Comments
Hair Cutting	Jean Paul 142 State St. tel. 463-6691	
	Nino & Michael 1022 Central Av tel. 438-8311	
	The Orlo 142 N. Allen St. tel. 438-6824	
Income Tax Assistance	IRS 855 Central Av. or Empire State Plaza concourse level tel. 449-3120	Free service and assistance for State and federal taxes
Jewelry Appraisal and Repair	Frank Adams 58 North Pearl St tel. 463-3278	
	Kelly's 88 Central Av tel. 449-5187	





Service	Store	Comments
Lamp Repair	Lamp Hospital 1978 Central Av. tel. 456-3372	
Laundry (delivered)	Killip 35 Commerce St. tel. 489-2931	Unquestioned excellence
	Dandy 5th Ave & 102nd St. Troy, tel. 237-9078	less expensive
Lawn Equipment Snow Blowers, Storage-Repair	Wacksman's Lawn & Golf Equipment 426 3rd St. tel. 465-2756	
	Grassland Equipment and Irrigation Troy-Schenectady Rd. tel. 785-5841	
Luggage Repair	Empire Shoe Rebuilders 488 Broadway tel. 465-3067	
Milk Delivery	Charles VanWie Meadowbrook Farms Clarksville tel. 768-2451	
	Crowley Dairy (metropolitan area) 55 Commerce Av. tel. 482-4474	
	Heath's Shady Lawn Diary (south of Albany) Glenmont tel. 463-1721	
Newspaper Delivery (Out-of-town papers)	G.J Taylor tel. 482-1730	New York Times, Daily News and Wall St. Journal in Albany, Loudonville & Menands
	A. Simonin tel. 438-0335	Daily Racing Form
	Roy Weidman tel. 439-3550	In Glenmont, Bethlehem & Selkirk
Oriental Rug Service	K. Kermani 3905 State St. Schenectady tel. 393-6884	
	Rustam K. Kermani 1593 Central Av. Colonie tel. 869-7829	

Service	Store	Comments
Reupholstery	Karl Doll 315 Washington Av. tel. 434-2424	
	Pierre's Upholstery 52 Russell Road tel. 489-5910	
Sharpening	Ice Skates Kemp's Hockey Shop 580 New Loudon Rd. tel. 785-5297	
	Tools Davenport 94 Everett Road tel. 438-8918	
Shoe Repair	Albany Quick Shoe Rebuilders 297 Central Av. tel. 463-0954	
	Empire Shoe Builders 488 Broadway tel. 465-3067	
	Joseph Lizzi Hudson & Swan Sts. tel. 463-9637	
Shoe Shine	Albany Quick Shoe Rebuilders 297 Central Avenue tel. 463-0954	
	Empire Shoe Builders 488 Broadway tel. 465-3067	
	Main Floor Capitol building	
Small Appliance Repair	Lake Electronic 1650 Central Av. tel. 869-3791	
Tailoring & Alterations	Futia 277 Washington Av. tel. 436-7177	
	Pride 514 Washington Av. tel. 465-7966	
Travel Planning	New Scotland Travel 269 New Scotland Av. tel. 489-7444	
	Tatro Travel 41 State St. tel. 463-4123	

Service	Store	Comments
Tree Service	Davey Tree 961 Troy-Schenec. Rd. tel. 785-9417	
TV and Radio Repair	Lake Electronic 1650 Central Av. tel. 869-8424	
Umbrella Repairs	Empire Shoe Builders 488 Broadway tel. 465-3607	
Vacuum Repairs	Lexington Vacuum Company 562 Central Av. tel. 482-4427	
Zipper Repair	Empire Shoe Builders 488 Broadway tel. 465-3067	

HOME SAVINGS BANK

Home Savings Bank of Upstate New York

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SAVINGS ACCOUNTS, SAVINGS CERTIFICATES, MORTGAGE LOANS, FHA and VA LOANS, TRAVELERS CHECKS, SAVINGS BANK LIFE INSURANCE, VACATION CLUB, MONEY ORDERS, BANKING BY MAIL, HOME REPAIR LOANS, CHRISTMAS CLUB, CHECKING ACCOUNTS, PASSBOOK LOANS, RETIREMENT ACCOUNTS, SCHOOL SAVINGS, U.S. SAVINGS BONDS, STUDENT LOANS, HOME FURNISHING LOANS

You'll get your money's worth.

Albany/Colonie/Guilderland/Troy
Fort Edward/Greenwich/Hoosick Falls/Hudson



Other Things to Do

Alpine Slides, rides that slalom down mountains, usually on the site of ski trails, are maintained at West Mountain, tel. 518-793-6606, Glens Falls (I-87 Exit 18) and at Jiminy Peak, tel. 413-738-5431, Hancock, Mass.

Altamont Fair, Altamont, 12009, tel. 861-6671 or 463-4800, is an annual event held in the middle of August in the picturesque village of Altamont. It combines a genuine country fair with a midway, live entertainment, an antique auto show, a circus museum and a railroad museum. A visitor can climb into the enormous cab of an American Locomotive Company engine once used to haul freight over the Rocky Mountains and learn what railroading used to be like in the peak of its importance. The fair is an extraordinarily pleasant, entertaining and educational occasion.

Catskill Game Farm is a wonderful place for a family to spend a day. The founders, whose principal concern was the conservation of rare and vanishing animal species, designed a suitable habitat for each to live and breed. The result is an expansive wooded shelter through which visitors may walk and observe a great variety of interesting animals, sheltered but not really confined. Favorites for children are the nursery area where newborn animals are kept, the petting and feeding area where deer, goats and llamas roam uncaged, and a rather spectacular playground. A single admission fee covers most of the activities offered, though additional charges are imposed for mechanical amusements at the playground. Refreshments are sold at concessions and picnic tables are available for those who choose to bring their own food. Directions: Take Exit 21 from N.Y.S. Thruway. Take Route 23 West to Route 32 South. Route is well marked. (One hour.)

The sloop "**Clearwater**," a sailing ship, travels the Hudson River with the specific purpose of heightening citizen awareness of the importance of programs to purify the river of industrial and urban pollution. Launched in the late sixties through the efforts of folk singer Pete Seeger and

others, the sloop moves from port to port giving entertainment in exchange for support of the project and overall commitment to conservation. Its arrival in port is usually announced in the newspaper.

Fo'Castle Country Store, Burnt Hills, tel. 399-8322, is an old-time country store and luncheon spot. Rustic simplicity characterizes all their offerings, from home-baked bread and pies, farm-grown fruits and vegetables to penny candy and old-time toys.

The cozy luncheon room serves simple meals most of the day. Open daily April 1-January 1 from 10-5; January 1-April, Tues-Sun from 10-5. Closed January 1,2,3; Easter; Thanksgiving; December 25-6. Directions: Take Northway to Exit 9. Take Rte. 146 West past 146A to first light. Turn right on Blue Barn Road. Go three miles to store. (One half hour.)

Foliage Tours, though not generally organized, are part of the fall ritual in the Capital District. Albany's location makes it a perfect center for touring because glorious colors appear on mountains to the north, south and east. As autumn approaches, radio, television and newspapers report the progress of color. Although exact dates depend somewhat on the summer rainfall, the "North Country" generally "peaks" in the last week of September, the Capital District by Columbus Day, and the Catskills during the last two weeks of October.

The New York State Commerce Department, 99 Washington Avenue, tel. 474-2121, distributes a brochure of suggested foliage tours.

Frontier Town, North Hudson, is a family entertainment center featuring rides and shows about life in the early American frontier. Open July-Labor Day, 9:30-6; spring and fall 10 am-5 pm. Admission Fee. Directions: Take I-87 to Exit 29. Turn right. Follow signs. (Two hours.)

Fruit Picking is an annual activity of many area families. For information about places and times, see the section on fruits and vegetables in the chapter on shopping.

Indian Ladder Farms, Rte. 156, two miles west of Voorheesville, tel. 765-2956, is a spot many natives visit at least once each season. The location is beautiful and the wafting aroma of cider, donuts, fresh pies and bread make it hard to pass by. The farm is an unpretentious farm market, which sells fruit and vegetables, wholesale or retail, including apples, pears, Pennsylvania peaches, pumpkins, squash and grapes for wine. It features a pick-your-own option on raspberries in July and apples and raspberries in the fall. The farm also markets utility grade fruit for canning and cooking or beautiful fruit for display. The cider mill is open Monday through Saturday 9-5; Sunday from 10-5, from mid-July to the end of the year. The store itself is open the same hours but closed Mondays in winter and closed from the end of May to the middle of July.

Gaslight Village, Lake George, tel. 792-6568, offers rides and shows about the theme of zesty life at the turn of the century. Admission includes thirty-two rides and all shows. Food and beverages are available. Open 2-10 daily June 14 to Labor Day. Closed first Friday in June. Directions: Take I-87 to Exit 21. Follow Rte. 9 North. (One hour.)

Lake George Opera Festival is described in the segment on music.

Gibbs Hillendale Farm, Hillendale Road, Berne, tel. 872-0830, has a maple syrup and sugar shanty open from March 15 to April 15 for visitors who want to watch the interesting process of syrup production. There is no charge for families and a small charge for groups. To reach the farm, take Rte. 20 West to 146 South to Altamont. Bear right onto Rte. 156 through Knox. Go two miles. Take the first road on the left. The farm is in $\frac{1}{4}$ mile. (Thirty-five minutes.)

H. Tyler Maple Farms, Westford, tel. (607)638-2921, is a great place for a family outing. From early or mid March until the end of April when the sap is running the farm is open for visitors to watch the process of maple syrup and maple sugar production. On Sundays during sugaring time pancake dinners are served from 12-6. The shop is open year round. Directions: Take Rte. 7 to Worcester. Go right at the Gulf sign. Follow signs to farm. (One hour and 15 minutes to one and one half hours.)

The Haunted House, presented around Halloween time each year by the Schenectady Junior Museum, is good enough to throw fear into the heart of the most stalwart disbeliever of things occult. For information, call 382-7890, in October, of course.

Hoffman's Playland, Rte. 9, Latham, tel. 785-3735, is a small, clean, well-run amusement park with rides, miniature golf, a driving range and snacks of various kinds. Tickets purchased by the book offer substantial savings.

Medieval Fair is a one day festival arranged by the Cathedral of All Saints. The seats are all removed and the cathedral becomes for the day a center for the display of the arts and amusements of the Middle Ages. It is a most enjoyable affair with music, tumbling, juggling, puppetry, art, calligraphy, food and many other treats.

Riverboat Cruises, 17 Belle Avenue, Troy, 12180, tel. 273-8878, course the Hudson River Tuesday through Sunday, May to October. The three hour cruise departs from Troy and from Waterford and runs in the afternoon from 1-4 and in the evening from 6-9. Dinner is available on this twilight cruise. Reservations are required. The boat leaves from Troy and from Waterford.

The boat, which accommodates 49 persons in the afternoon and 36 at night is available for charter. For information call 273-8878.

Cruises on Lake George

Three steamships make regular trips along the lake.

Steamboat Minne-Ha-Ha takes a one hour trip six times a day and an evening "moonlight cruise" with a Dixieland Jazz Band.

Mohican takes a two hour and 15 minute cruise twice daily. During the fall the ship runs a foliage excursion up the lake. A snack bar and a cocktail lounge are available.

Ticonderoga takes a full-day cruise from Lake George up to Ticonderoga and back. Sunset shoreline cruises and moonlight sails are also available.

Information, schedules and fees are available through Lake George Steamboat Company, Steel Pier, Lake George, 12845, tel. (518)668-5777. Directions: Take I-87 North to Exit 24. Follow Rte. 9 North. Turn right at base of lake. (One hour.)

Storytown, U.S.A., Rte. 9, Lake George, tel. (518)792-6568, is a wonderful family amusement park. Well kept gardens and immaculately maintained walks thread their way through carefully run, quaintly designed rides geared for thrill-seekers as well as the timid. Different sections of the park also offer entertainment and refreshments, and picnic tables are open to those who choose to bring their own food. The admission fee includes all rides and all shows. Open 9:30-6 daily, Memorial Day to Labor Day. Closed Fridays in June and September. Directions: Take I-87 North to Exit 19 or 20. Follow signs. (One hour)

Albany Tulip Festival, an annual event scheduled for the second weekend in May, commemorates the Dutch heritage of the city with a concert, a flower show, a parade, a costume contest, a ball, a luncheon, a pinksterfest and a special parade for which Dutch costumed citizens scrub State Street with soap and water. Nature usually cooperates by bringing the thousands of tulips in Washington Park into blossom at the right moment.

Pinksterfest is an annual salute to spring celebrated in Washington Park at the end of the Tulip Festival on the second weekend in May. The Albany League of Arts coordinates a schedule of entertainment, craft displays, refreshments and activities for children.

Youth Festival Week is a seven-day program of tours, exhibits, workshops, performances, special events and special library programs geared to the interests of children and scheduled around the time of school spring recess. Most of the activities are free of charge. Principal coordinator is Albany League of the Arts which will gladly supply information at 449-5380.

Annual Christmas Greens Show, held on the first weekend in December at Albany Institute of History and Art, is a display of award-winning arrangements of winter greens. Also of interest is the beautiful Christmas tree which stands in the rotunda.

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Seniors, Students, Children

Seniors

Services for Senior Citizens

The city of Albany has ten Senior Service Centers. The activities offered include: group dining, legal counseling, employment service, trips, Wednesday night dinner program, volunteer opportunities, leisure activities, transportation, health screening, grocery shopping assistance, special lectures, education classes, referral, recreation, summer camp and telephone reassurance. The activities of the ten centers are coordinated through the main branch at 25 Delaware Avenue, tel. 465-3325. The other centers are as follows:

Second Avenue, 66 Second Avenue	462-2460
Westview, 680 Central Avenue	482-2120
Ida Yarbrough, 260 North Pearl Street	465-3074
Lincoln Park, 63 Morton Avenue	462-6304
Townsend, 45 Central Avenue	434-1720
Edwin Corning Homes, 11 Maguire Avenue	462-6832
DeWitt Clinton, 142 State Street	449-3191
South Mall, 101 South Pearl Street	465-3766
Riverside, 200 Green Street	462-4732

Transportation Service, 25 Delaware Avenue, tel. 434-4219. A friendly, efficient volunteer will transport any resident over 60 years old (if handicapped, there is no age limit) to any of the Senior Service Centers with 24-hour notice. In the van is a locked box into which the rider may drop a donation.

If it is possible within the schedules and routes of the vans, the service will provide **Demand Transportation** to a physician's office with 48-hour notice, tel. 434-4219.

Shopping Assistance Transportation is available to grocery stores on Thursday and Friday, tel. 465-3322.

Discounts for senior citizens are available for a large number of services and goods. A booklet of those discounts is published annually by

the Albany County Department for the Aging, 600 Broadway, tel. 445-7511. Every senior citizen should have one of these booklets.

St. Peter's Hospital Mobile Meals Program, 315 So. Manning Blvd., tel. 471-1379, provides home delivered meals seven days a week for people over 60 who are homebound and unable to provide meals for themselves. Special diets are available with a physician's request. The program consists of two meals, one hot and one cold, delivered each day by volunteers. A voluntary contribution of \$2.50 is requested for each day's meals.

Meals on Wheels, Ann Lee Home, tel. 869-2231, ext. 307, provides the same service as St. Peter's Hospital described above, and the two agencies cooperate through cross-referrals to provide the best service for all those in need. Meals on Wheels serves about 130 persons each day.

The Craft Guild, 790 Madison Avenue, tel. 489-4115, is a non-profit organization created by the Catholic Diocese of Albany to offer workshops in a variety of handicrafts and to provide a market for the end products.

Further listing of social services for senior citizens is presented in **4 Counties Human Services Directory**, available at 877 Madison Avenue, tel. 489-4791, or at the public library.

Students

Students add vitality, flexibility and intellectual vigor to the city. Their presence (49,000-50,000 students live and work in the area) provides continuing access into the mainstream of contemporary life. Through them the region keeps abreast of popular culture in music, art, dance and drama, intense, provocative life styles and avant garde points of view.

The physical stamina of students also lends the area athletic prowess that is exciting and challenging and a part-time work force that is intelligent and willing.

These assets the students bring. The city responds by providing special discounts for students, by encouraging local residents to hire student help, and by making all city services and recreation areas readily available to students.

Many chapters in this book address the concerns and interests that the college student shares with other residents. The chapter on education describes each campus and explains the consortium designed to encourage interaction between campuses; the chapter on the arts tells the student how he/she may take advantage of the cultural offerings of all colleges; other sections explain how to get around in the city, how to get advice or help and where to find merchandise; still others suggest how to appreciate the city's past and how to enjoy its present. What have not been addressed are special student concerns—social and political activism, young adult crises, and informal gathering spots.

Social and political activism thrives on most campuses. Students whose predilections are not satisfied on the home campus can contact one of the other schools in the consortium of colleges and universities. Their membership will be welcomed. Students whose desires to perform social services are not satisfied on campus can contact the Voluntary Action Bureau described in the section on social agencies. Their services will be more than welcome.

The special needs of the young adult in search of counsel are generally served by secular and religious officers on campuses. Each campus is served by clergy appointed by regional church groups such as the Diocese of Albany and the Albany Council of Churches. Moreover, the Student Affairs Department or the Campus Ministry is trained to handle student problems or refer the student for help in the resources of the city. Psychological Services of SUNYA, a relatively new center, offers counseling and testing. They charge a fee based on ability to pay. The offices are located on the "Old Campus," 135 Western Avenue, tel. 455-6171.



Albany College of Pharmacy photo

Restaurants which feature student favorites and offer reasonable prices are as follows:

Mexican Food:

Chile Frank's, 283 Ontario Street, tel. 482-5405; **Taco J's**, 577 New Scotland Avenue, tel. 438-7073.

Pizza:

Calsolaro's, 244 Washington Avenue, tel. 463-9006; **Citones**, 457 Elk Street, tel. 462-9116; **Sam's**, 125 So. Blvd., tel. 463-3433.

Hamburgers:

Sutters Mill & Mining Co., 1200 Western Avenue, tel. 489-4910.

Last but not least then are student "hangouts," informal meeting places for students of various colleges. Among the most popular in the city are **The Grinch**, **The Little Horn**, **O'Heaney's**, **The Partridge Pub**, **Ralph's**, **Sutters Mill and Mining Co.** and **The Washington Tavern (the W.T.)**.

Children

Children will find many of the places and events described throughout this book interesting. The following is a special index designed to make it easier to find those which are particularly appealing to the young.

Points of Interest: mansions in Albany, especially the Schuyler Mansion with tomahawk mark on the stairway; the million dollar stairway in the Capitol; the view from the Alfred E. Smith Bldg; the tunnel connecting the Capitol to the Office Building; the port of Albany; mummies at the Albany Institute.



The Arts:

Drama—Empire State Youth Theater

Music—Empire State Youth Orchestra; The Arts Center programs special children's concerts by orchestras

Art—Harmanus Bleeker Center programs;

Dance—special performances of The Nutcracker in July at SPAC and in December at area theaters

Film—Matinees at the Madison; film programs at the library.

The Empire State Plaza: N.Y.S. Museum displays; exterior sculptures and parks; the view from the tower; the horse on the main floor of the tower.

Sports and Recreation: Everything in this chapter is suitable for children.

Outside Albany:

To the North—Storytown, Cruises on Lake George, Fort Ticonderoga, Frontier Town, Adirondack Museum;

To the South—Old Rhinebeck Aerodrome, American Museum of Fire Fighting, Hyde Park;

To the East—Old Sturbridge Village, Chesterwood;

To the West—Howe Caverns, The Farmers' Museum, Baseball Hall of Fame.

Schenectady and Troy: Schenectady Museum, Rensselaer County Junior Museum, Cruises on the River, Watervliet Arsenal.

Other Things To Do: Everything in this chapter is suitable for children.

Restaurants: In addition to the fast food chains and the definitely "family-oriented" restaurants, several "regular" restaurants please children and are pleased to welcome them. These are Jack's, Yips, Citones and Shanghai. All are described in full in the chapter on restaurants.



Schenectady and Troy

One of Albany's virtues is its location in close proximity to two other fine cities, Schenectady and Troy. Each of these cities is self-contained, and social and professional interaction between and among the cities is surprisingly limited. However, many residents of Albany regularly travel to Schenectady and Troy to take advantage of the cultural and commercial opportunities they offer. Because this is true, those restaurants, shops and schools which lure Albanians on a regular basis and thereby fall into their usual frame of reference have been discussed in previous chapters.

This section presents, rather, a general survey of the history, geography and points of interest of each city and describes unique features which the resident of Albany or visitor to the region might be able to use or appreciate.

Schenectady's Past and Present

Schenectady has a history as "typically American" as one any writer could concoct. The land was, like Albany, held first by the Algonquin Indians and then by their conquerors, the Iroquois, specifically those of the Mohawk Nation. In 1661 Arendt Van Curler, a settler from Holland, purchased 128 square miles from the Mohawks and with fifteen other families established a patroon. They nestled together in houses built beside the confluence of the Mohawk River and the Binne Kill. To define their area and defend themselves against their enemies, the French, the families erected a stockade fence around their homes. There they dwelled in peace and prosperity, farming the land and living simply until 1690. In that year King William's War broke out and on February 8-9 the entire settlement was burned and most residents either killed or taken captive. The few survivors planned to abandon their land, but several Mohawk Indians, led by one named Lawrence, persuaded them to stay and helped them rebuild.

In the next century, the city aided the Revolutionary cause by sending men and supplies, but the war stayed far enough away for life in Schenectady to go on uninterrupted.

A major change in the city's life came in 1825 with the completion of the Erie Canal, a great boon to commerce and a stimulus to new industry. In 1851 Schenectady Locomotive Works (later called American Locomotive Company) began to build engines to haul trains for railroads all over the world. Then in 1886 Thomas Edison founded his General Electric Company and the city became a thriving center of commerce, industry and science. This continued through both world wars as the city's factories were used in the production of heavy military equipment and trains for transport.

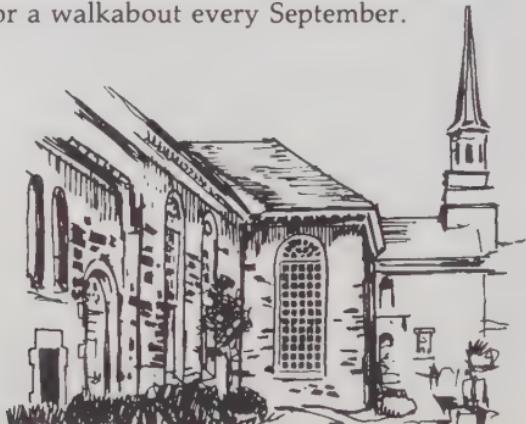
The post-war shift from canals and railroads brought a major industrial crisis to Schenectady. Finally in 1970 ALCO ceased to operate.

Today the city has a population of about 80,000, the county a population of about 150,000. Its citizens have carefully preserved the area originally developed by the settlers of the Dutch patroon. The Stockade, as it is called, stands as a reminder of the variety, simplicity, and fragility of the city's past.

Points of Interest

The Stockade, a residential district of several hundred homes in the downtown area of the city, stands on the site of the original Dutch settlement. Although the original homes were all destroyed by the French and Indian attack in 1690 and many of their replacements were demolished by a catastrophic fire in 1819, more than a dozen homes there predate the Revolution, and scores of homes have stood since the early 1800's. Because of this and because building in the area continued well into the 19th century, the Stockade harbors an interesting blend of architectural styles. Moreover, all of the houses function today as private homes and thus exhibit signs of life, individuality and sense of purpose often missing in "monuments" or areas designated as Historic Sites. A well-written, helpfully illustrated map of the area is available at the **Schenectady County Historical Society**, 32 Washington Avenue, during these hours: M-F, 12:30-5; Sat, 1-5; Sun, 2-5.

Visitors are always welcome to tour the Stockade area and to visit the inside of St. George's Church. The Historical Society cooperates with the Stockade Association to sponsor a walkabout every September.



The Schenectady County Historical Society functions as an educational force, working to preserve artifacts of Schenectady's past and make it possible for others to learn of the city's heritage. Its office, located in the center of the Stockade area, houses an extensive historical library, archives containing an outstanding genealogical section and thousands of original documents. The three upper floors contain permanent exhibits while the main floor features changing displays.

Union College Campus, between Union and Nott Streets, presents an interesting assemblage of architectural styles. It was planned in 1813 as a wheel design with a 16 sided domed structure (now the home of a bookstore and theater) at its center. Expansion of the facilities to meet the needs of a growing student body have noticeably altered the original plan, violating its symmetry, but the campus has nevertheless retained a handsome sense of continuity and integrity. The curriculum and student body are described in the chapter on education.

Jackson's Gardens, on the Union College Campus, are beautifully planned, well-maintained formal gardens. The plantings, begun in the early 1800's by Isaac Jackson, professor of Mathematics, have been continued since then by the college gardeners.

General Electric was born in Schenectady in 1886 when Thomas Edison founded the Edison Machine Works. Today the weathered plant occupies many city blocks and operates the world's largest turbine and generator facility. As the principal employer in the city, GE infuses the commercial lifeblood of Schenectady. The importance of this industrial giant to the community cannot be over-estimated.

The Knolls Atomic Power Lab, River Road in Niskayuna, is a branch of General Electric devoted to theoretical and laboratory research into uses of atomic energy. It is located next to the **Research and Development Center**, another branch of General Electric. Both of these centers attract major figures in the scientific community and both have won worldwide recognition for their contributions to the pure and applied sciences.

The Schenectady Museum, Nott Terrace Heights, tel. 382-7890, features changing exhibits, a planetarium, classes in arts, crafts and antiques as well as several annual events—the Indoor Plant Show, Celestial Ball, Crafts Festival, Haunted House and Festival of Nations. Of particular note are two popular projects: The Museum/Union College Concert Series, long known for the excellence of the artists invited, and the Five Senses Gallery, a "hands on" room for children and adults. For information about schedules of events and hours of opening, call the museum.

Central Park is a lovely area of rolling hills and little lakes. A well-maintained, adventurously planned playground, shelters for ducks,

swans and more exotic fowl, and a train ride make this park particularly attractive to families. Also, the gentle slopes are perfect for tobogganing and cross-country skiing when snow covers the grass. In summer time highly competitive tennis tournaments are arranged. For information about any of the programs, call the Central Park Casino, tel. 346-7745.

Proctor's Theater, State Street, tel. 377-5097, is currently engaged in a battle for survival. Long neglected and allowed to fall into disrepair, the ornate old vaudeville house is now undergoing restoration. Meanwhile, the stage hosts appearances by major figures in the world of dance, theater and music and serves as home for the Schenectady Symphony, Schenectady Light Opera, Schenectady Concert Association and Capital Artists Opera Co. The ultimate goal is a self-sustaining, active, readily accessible community theater.





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Troy's Past and Present

The original inhabitants of the land now known as Troy were the Mohicans, another nation of the Iroquois federation. In 1659 they sold the land to a Dutch settler, Jean Barensten Wemp, who died soon thereafter. Subsequent owners of the property—or at least parts of it—were the Vanderheydens and the Lansings.

The community remained predominantly Dutch and primarily agricultural until after the American Revolution when a major influx of settlers from New England came in hopes of prosperity and adventure. What they found and helped develop was an industrial utopia, for Troy's location near natural sources of power (the Wynantskill and the Poestenkill) and beside a major natural artery of transportation (the Hudson) made it and its neighbors, Cohoes and Watervliet, the perfect sites for plants and factories.

The growth actually began in 1828 when a retired minister began to market collars made by local women in their homes. With the subsequent invention of the sewing machine, this "piece-work" grew into a major industry which moved from the home into the factory. At the peak of the collar and cuff trade, more than twenty collar manufacturers were based in Troy.

The same years witnessed the growth of many major industries. Factories turned out many diverse products, the most famous being those derived from the iron and textile industries. The Burden Iron Works boasted of producing fifty-one million horseshoes in one year, and the metal plates for the Civil War ship the Monitor were made in the mills of the city. Troy was alive and growing: laborers, especially the Irish, flocked to the city; churches were built, as were squares of beautiful homes; hotels and stores thrived; the future looked secure and promising.

Then with a suddenness that matched the drama of its rise, the industrial center declined. To this day, many conflicting reasons are advanced to explain the decline of Troy's industries. Some claim that persistent labor troubles drove industry to areas where labor was cheap and docile. Others say that the monopolistic attitude of industrial magnates concentrated the power dangerously in the hands of a few, kept other industry out of the region and paved the way to disaster when "the few" left. Others claim that with the development of inexpensive fuel-driven factory equipment Troy lost its competitive edge and industries began to move closer to the raw materials they had been transporting for processing in Troy. Whatever the reasons, the results were clear. Factories closed. Jobs became scarce. Capital dried up. The city suffered a serious and sudden economic decline from which it still struggles to recover.

Perhaps this capricious history accounts for one of Troy's most winning characteristics—its small town heart. The newcomer is frequently surprised to realize that Trojans often display a fierce loyalty to their home city and a stubborn affection for all things Trojan. The resultant devotion of many residents has led them to work hard to preserve the

treasures which remain in the city as reminders of its moment of fleeting grandeur and to try to inform others of the rich heritage stored in the homes, churches and historic sites of Troy.

The Story of Uncle Sam

The story of Uncle Sam is well told in the book "Uncle Sam: The Man and the Legend" by Alton Ketchum, Heil and Wang, New York, 1959, available at area libraries.

It is a fascinating tale of a legend seeded by chance and fertilized by the human imagination in quest of a symbol. Sam Wilson, a meat packer whose business was centered in Troy, was congenially dubbed Uncle Sam by the men who worked for him. When the War of 1812 broke out, the firm was contracted to send meat to the troops. The barrels for shipment to the military were marked U.S. for United States, but dockworkers joked that it meant Uncle Sam. When they were subsequently inducted into the army, they told the joke to soldiers from other parts of the country. Soon the words Uncle Sam and United States became synonymous. The cartoon figure, another concoction of many minds, appeared first in 1830, was dressed in stars and stripes at mid-century and given a beard at the time of the Civil War.

Sam Wilson, the "source" of the legend, meanwhile lived simply, peacefully in Troy for 88 years. His obituary in 1854 described him as a "prominent businessman, involved in sloping, brickmaking, farming, slaughtering and distilling, and very active in local politics." He is buried in Oakwood Cemetery.

Sources of Information

Many residents of Troy have long maintained a serious interest in the city's past. As a result, abundant sources of information are available about both Rensselaer County and the City of Troy. **The Troy Public Library**, itself a beautiful Venetian-style building, 100 Second St., tel. 274-7071, has a fine collection of books and records about the city.

Rensselaer County Historical Society, 59 Second St., tel. 272-7232, and the **Office of Rensselaer County Executive**, 1600 Seventh Ave., tel. 270-5360, publish brochures and pamphlets describing attractions in and around Troy. Of particular note are two newly published booklets from the County Executive's Office: "A Brief Guide to Rensselaer County Attractions," "A Driving Tour of Rensselaer County" and "Historic Troy: A Downtown Tour." Both are available at the Rensselaer County Historical Society. A good touring map is distributed at the above addresses or at **Greater Troy Chamber of Commerce**, 28 Second St., tel. 274-7020.

Historic Preservation

Hudson-Mohawk Industrial Gateway, 5 Broadway, Troy, tel. 274-5267, is a non-profit cultural-educational organization established to discover and make known information about the 19th century industrial era in the Troy-Cohoes-Watervliet-Green Island region.

The group is currently working on restoration projects and running tours of the waterways, watermills, railroads and towns along the rivers. Bus tours as well as walking and biking excursions are conducted throughout spring, summer and fall. Sites include canal locks, water gorges, a mill complex, a cemetery, an arsenal and beautiful homes and churches. All the tours are worthwhile—penetrating, entertaining glimpses into that interesting era. Membership information and schedules are available at the office.

Hudson-Mohawk Urban Cultural Park, an urban cultural park, is a preservation effort backed by the State of New York. It might be more specifically defined as a revitalization of an "urban space" for use by current residents either for recreation, education or daily living. The plan for the Hudson-Mohawk park is to build a "heritage trail" along the sites of the many factories once powered by the Poestenkill and Wynantskill Rivers. The purpose of the venture would be to promote interest in and appreciation for the industrial power that once fueled the area and to serve as a reminder of the impact of the environment and of external forces on the economic vitality of the area.

Among the highlights of the park would be remnants of the once colossal Burden Iron Works in Troy and the Harmony Mills factory and housing complex in Cohoes.

Points of Interest

Troy Music Hall, over the Troy Savings Bank, is renowned for its superior acoustics and its magnificent nineteenth century concert organ. Fine musicians from far and near readily accept an invitation to perform in this center and the Music Hall hosts excellent concert series throughout the year. Information is available at 273-0038.

Churches in Troy have interesting pasts. Some were erected as splendid houses of worship for the affluent families who directed the industry. Others were to serve the laborers who came to the city to work in the factories. Because many of these laborers came to Troy as first or second generation immigrants, their churches often assumed an ethnic identity which shaped design and decoration. Because the times were marked by such prosperity, many of the churches were embellished by beautiful works of art.

The Troy Gas Light Company Gasholder House is an unusual landmark. In 1872 this "eight-sided" circular building was constructed to



shelter the gas holder, the tank used to store gas until it was needed by residents in the city. The grace and beauty of its brick and iron architecture was unusual for a gasholder house, and it stands as solid testimony to the opulence of the times.

W & L. E. Gurley Co., Fulton Street and 5th Avenue, Troy, tel. 272-6300, contains a museum of surveying instruments as well as other engineering tools made by Gurley Company and other firms in the 19th century.

Washington Park, beginning at 189 Second Street, is a lovely little ornamental green surrounded by beautiful row houses dating to the 19th century. Occasionally tours of the homes are arranged through cultural or historical groups.

Oakwood Cemetery, Oakwood Ave., tel. 272-7520, is a lovely cemetery with attractive landscaping, impressive monuments and a crematorium. It is also the site of Uncle Sam's grave. The cemetery offers a view of the Hudson-Mohawk area.

Watervliet Arsenal, Broadway, Watervliet, tel. 266-5111, is a major U.S. Army Defense Plant which has been engaged in the manufacture of heavy artillery since the War of 1812. On the grounds are points of interest including the museum, the cast-iron storehouse and old residences including the home of poet Stephen Vincent Benet. The arsenal is open to the public each year on Armed Forces Day. Tours of the facility are arranged throughout the year by the Hudson-Mohawk Industrial Gateways.

Education

The educational programs of the three schools of unique interest in Troy—Emma Willard, Russell Sage College and RPI—are described in the earlier chapter on education. Their contribution to the architectural and cultural life of the city, however, deserves special note.

Emma Willard School, Pawling Avenue, sits quietly withdrawn from the daily life of the city on a beautiful campus which provides classroom and residence facilities for most of the students and faculty of the school. The Gothic buildings dominate the scene but more recent structures of modern design enrich the campus of this school well known throughout the nation for its versatility and its rigor.

Russell Sage College, between First and Second Streets and Congress and Ferry Streets, is housed in a variety of buildings, many of which face onto Sage Park, a lovely square maintained by the college. The college has also acquired many of the handsome buildings around the square. Once private homes or offices, they now serve as classrooms, academic offices and residence halls.

Library at RPI



RPI Campus, perched atop the slope rising from the river, is recognizable to those approaching Troy from the south by the predominance of three story brick buildings topped by copper roofs. In addition to these rather austere and forbidding structures, the campus holds some noteworthy buildings of contemporary architecture—a student union, a library and a center of engineering—as well as some lovely conventional homes which serve as fraternity houses. The college is particularly proud of its new Voorhees Computer Center, which houses the newest and largest general purpose computer produced. Students have easy access to the computer and to the services of a full-time staff. The Field House on Burdett Avenue is commodious and well run.

Rensselaer County Junior Museum, corner Fifth Avenue and 106th Street, North Troy, tel. 235-2120, is a wonderful little spot. Permanent collections include snakes, "touch me" objects and a fascinating sand pendulum. A small planetarium is housed downstairs in this converted firehouse, and temporary exhibits open from time to time. Winter hours are Tu-Fri, 3-5; Sat and Sun, 1-4. Summer hours (June 1-Sept 31) are M, Tu, W, 9-12; 1-4. Groups are accommodated by appointment.



Rensselaer County Council for the Arts, 189 Second Street, Troy, tel. 273-0552, sponsors workshops and classes in many art forms throughout the year.

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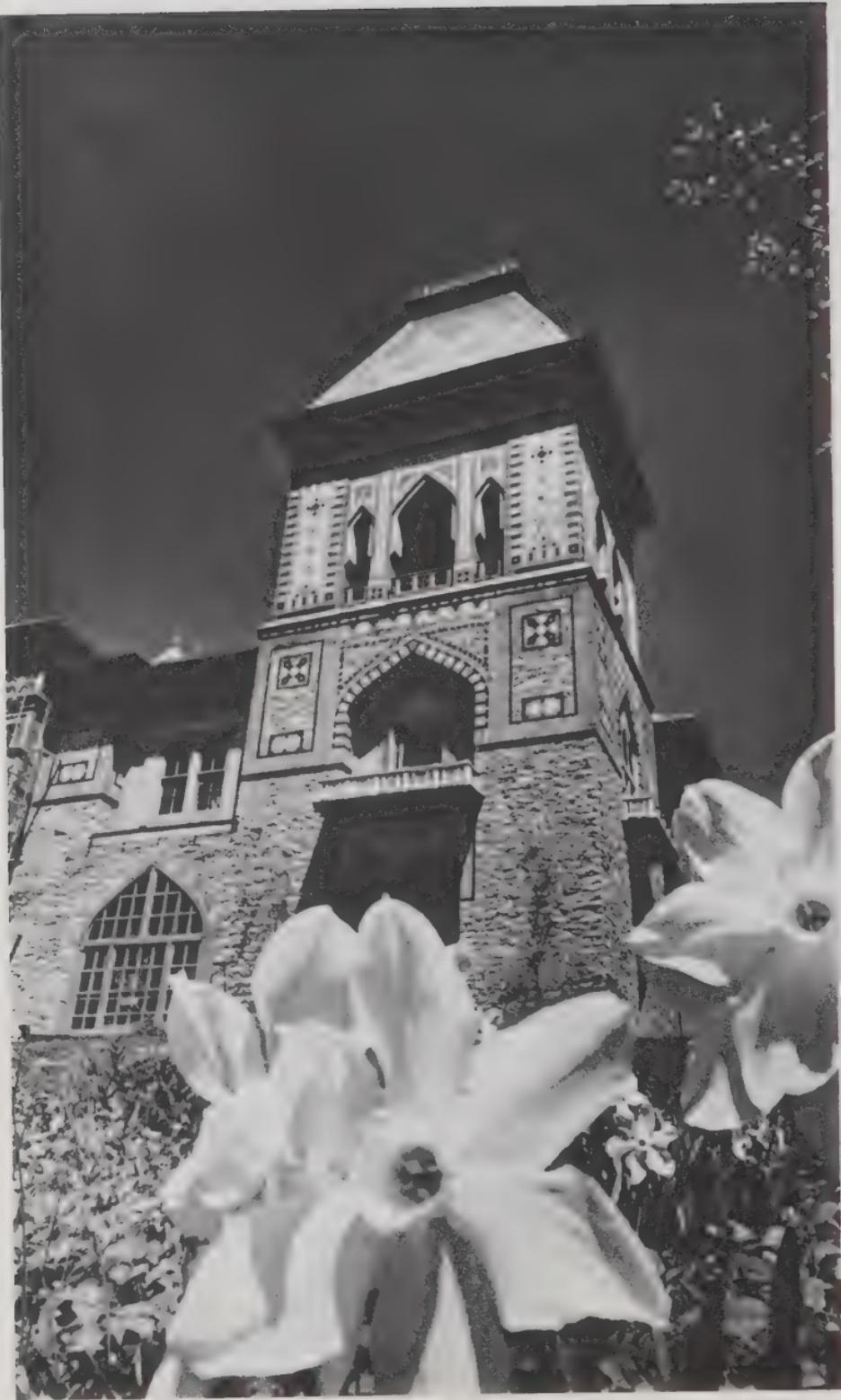
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Outside Albany

Albany is within easy reach of many beautiful towns, interesting sites, and lively amusement centers. This chapter describes principal attractions at a distance of one half hour or more from the city. It is divided into four parts on the basis of general direction. In each instance, estimated driving times are given. All places represented in the chapter were found to be well worth the journey required.

North of Albany

Saratoga National Historic Park is an historic area marking the site of the critical encounter of the Revolution, the Battle of Saratoga. A visitor center provides information about the historical moment and guidance for a complete driving tour of the battlefield. The park is open from April 1-November 30 from 9-6. The center is open daily except Thanksgiving, Christmas and New Year. Free. Directions: Take I-87 North to Exit 12. Follow clearly marked signs to park. (Forty minutes.)

Nearby is **Schuyler House**, beautiful home of General Philip Schuyler and Elizabeth Schuyler. Open mid-June to Labor Day, 10-5. Admission.

Gideon Putnam Hotel, a charming old resort nestled amidst tall pines on the grounds of the Saratoga Spa State Park, is a center of activity during August when the flat track is in action. The general public is welcome in the dining room and the gift shop which displays an interesting selection of antique jewelry. Reservations are suggested in high season. Tel. (518)584-3000. Open April-mid November. Directions: Take I-87 to Exit 13N. Take 9N. Follow signs. (Thirty minutes.)

Yaddo is a Victorian estate in Saratoga set aside by Spenser Trask as a retreat for invited artists, writers and composers. Among those whom Yaddo has served over the years are such luminaries as Robert Lowell, Flannery O'Connor, Aaron Copland, Jessamyn West, William Carlos Williams, Carson McCullers and Saul Bellow. The house is not open to the public, but it is possible to drive through and visit the grounds.

Mrs. London's Bake Shop, Phila Street, Saratoga, tel. 518-584-6633, is a bakery run by a young couple who make each bread, pastry and confection using real ingredients and taking special care. Patrons may sit over coffee and danish or buy delicacies to be eaten elsewhere. Open T-Th 8-6; Fri, Sat 8-12 midnight; Sun 8-4. The prices are higher than at other bakeries, but the taste is worth the difference. The attached restaurant is described in the restaurant chapter.

The Hyde Collection is a small fine arts museum housed in a Florentine style villa willed to the town of Glens Falls by Mrs. Hyde. Works include pieces from twenty-five centuries including works by major artists. Guided tours are led by residents of the town. Admission is free. Open Tues-Wed, Fri, Sun from 2-5. Tel. (518)792-1761. Directions: Take I-87 to Exit 18. (One hour.)

Lake George is a sensationally beautiful natural lake on which many local residents rent or own summer homes. The village at the foot of the lake has become something of a center for summer entertainment. Some of the attractions offered are described below. Directions: Take I-87 North to Exit 21. Follow Rte. 9 North. (One hour.)

Algonquin Bar and Restaurant, Bolton Landing, tel. 518-644-9442, has been a favorite dining spot for many years. A lavish buffet is featured on Friday and Saturday nights in July and August. Reservations are required well in advance. Open June through August every day; September through May on weekends. Expensive. Directions: Take I-87 to Exit 22. Take Rte 9 North. Restaurant is on right, beside the lake. (One hour.)

Fort Ticonderoga is a splendid historic site. The stone fortress situated on a hill at the juncture of Lake George and Lake Champlain provides not only a spectacular panorama, but also a glimpse of what it must have been like both to attack and to defend a fort. The holdings of the military museum complement the fort's impressive structure, as do well-staged cannon drills, musketry shows and fife and drum presentations. Guided tours are available on the hour from 9-5 in July and August. Open mid-May to mid-October 8-6 (to 7 in July and August). Directions: Take I-87 to Exit 29. Turn right. Follow signs. (Two hours.)

Adirondack Museum, Blue Mountain Lake, is a compelling portrayal of man's relationship with this giant region of the country. It tells through displays how man initially used the mountains to live simply and make a living from the animals and natural resources he found there, how he was joined by others seeking recreation, and how others who sought commercial gain began to abuse the region and suffer the consequences. It tells too that now, with careful supervision, the Adirondack Park stands as a composite of commercial success, recreational haven and wilderness preserve. Displays show lifestyles, transportation and use of leisure time; the scenes predictably range from primitive to



Saratoga Performing Arts Center photo

lavish. (It is interesting to note that the term "camp" came to be applied in the Adirondacks to all mountain dwellings, tent or palace.) Open June 15-October 15 from 10-6. Admission. Tel. (518)352-7311 or 7312. Directions: Take I-87 to Exit 25. Take Rte. 28 to Rte. 28N. (Two hours.)

South of Albany

East Side of the Hudson

Malden Bridge School of Art and The Carousel Gallery, is a summer school of art conducted by Betty Warren, an Albany artist. The adjacent gallery offers works of students and others whose philosophy and style is "compatible with that of the school." The school and gallery are open Th-Sun 1 pm-5 pm from the end of June through Labor Day, tel. (518)766-3666. Directions: Take I-90 East to Exit 12. Turn right onto Rte. 9. Go approximately one mile. Turn left opposite Woodhut onto Rte. 32. Go five miles. Turn left onto Rte. 66. Take first left turn. (One half hour.)



The Shaker Museum, Old Chatham, has a collection of artifacts of the Shaker community based in this area in the 18th and 19th centuries. Furniture, baskets, and working tools are arranged in the buildings to recreate the lifestyle of simple dignity espoused by the Shakers. Open May 1-October 31 from 10 am-5:30 pm. Admission. Tel. (518) 794-9100. Directions: Take Rte. 20 East to Rte. 66. Turn right on Rte. 66. Go through Malden Bridge and follow signs to Shaker Museum. (Forty minutes.)

Olana is not easy to define, for it is a worthy destination for anyone interested in art, gardens or architecture, for anyone seeking a spectacular view of the Hudson River, or anyone wanting to picnic, hike, ski, skate or sled. Olana was the home of the American artist Frederick Edwin Church, a 19th century landscape artist of the Hudson River School, and a world traveler. The structure and decor of the house, as well as the treasures on display in the house, reflect his taste and his philosophy as do the meticulously planned grounds. A visitor may look from the windows, especially as the sun is setting, and virtually see a finished Hudson River School painting.

The estate is now a historic site and state park. The house is open 9 am-5 pm, Wed-Sun from Memorial Day through October 31. The park is open year round. Tel. (518)828-0135. Directions: Take N.Y.S. Thruway to Exit 21. Go east on Rte. 23 across Rip Van Winkle Bridge. Turn south on 9G. Go to Olana on the left. (Forty-five minutes.)

Lindenwald, Kinderhook, is the former home of Martin Van Buren, eighth President of the United States. Major restoration is currently being conducted in the aim of opening it completely refurbished for the 1982 bicentennial of Van Buren's birth. Grounds are open to the public Memorial Day-November from 10-5. Tel. (518)758-9883. Directions: Take I-90 East to Exit B1. Take Rte. 9 South to 9H South. (One-half hour.)

Clermont, in Germantown, is the estate of the Livingston family, many of whom played significant political roles in the birth and development of the United States and the state of New York. The core of the house dates to 1777; subsequent additions reflect the architectural and decorative tastes of varying ages.

The grounds surrounding the house offer nature walks, picnic areas and facilities for hiking, snowshoeing and cross-country skiing. Excellent literature describing the history of the house and family are available.

Clermont is now a historic site and state park. The house is open Memorial Day weekend to October 31. Grounds are open 8 am-dark all year. Tel. (518)537-4240. Directions: Take N.Y.S. Thruway to Exit 21. Take Rte. 23 East to Rte. 9G South. (One hour.)

American Museum of Fire Fighting, located at Fireman's Home in Hudson, is a fascinating display of instruments of fire fighting from the primitive bucket and horse drawn pump to the contemporary swiveling snorkel. Included in the collection are parade models used by volunteer companies for purposes of pageantry rather than fire extinction. As a result, one need not be a fire fighting buff to enjoy this museum, for the array is dazzling. It is a wonderful museum for families. Open April 1-December 1 from 9 am-5 pm. Admission free. Tel. (518)828-7695. Directions: Take N.Y.S. Thruway to Exit 21. Go East on 23 across Rip Van Winkle Bridge. Once in Hudson, follow signs to Firemen's Home. (Fifty minutes.)

The principal **anemone** growers on the East Coast are located in Rhinebeck. Dazzling colors line the greenhouses, and great bouquets are available at reasonable prices. Ralph Pitcher's nursery is open from 8:30-4:30 weekdays mid-September to Mother's Day; from 8:30-12 on Sat; closed Sun. Tel. (914)876-3974. Directions: Take N.Y.S. Thruway to Exit 19. Go east over Kingston Rhinecliff Bridge to Rte. 9G. Turn right. Take first left onto Middle Road. Turn at sign for cut flowers. Watch for red barn and greenhouses. (One hour and fifteen minutes.)

Old Rhinebeck Aerodrome is a museum and arena for aircraft. In the hangar the visitor can see planes from the World War I era and earlier, and from the stands the visitor can witness air shows featuring stunt flights, synchronized displays, and antique and customized planes in motion. The aerodrome is open May 15 through October from 10 am to 5 pm. Aerial shows Sun at 2:30 and Sat (July-October) at 2:30. Directions: Take N.Y.S. Thruway to Exit 19. Go east over Kingston-Rhinecliff Bridge to Rte. 9G. (One hour and 15 minutes.)

Hyde Park is a park, museum, library and national monument maintained on the site of the childhood home of Franklin Delano Roosevelt. The house, maintained as it was in 1945, is a charming and warm home filled with historic memorabilia and signs of human vitality. The museum houses a diverse collection of fascinating items ranging from FDR's boyhood pony cart to documents which shaped national and international events. Eleanor's years as wife of the President and as world figure in her own right are also documented. The chronological display offers a wonderful opportunity for visitors to learn—or relearn—what happened in the world between 1932-1945, and, in the case of Eleanor's humanitarian activities, between 1932-1962. The house is open 9-5 every

day except Christmas and New Years. Admission fee to the house includes admission to nearby Vanderbilt Mansion. The tours on tape are particularly fine at Hyde Park. Tel. (914)229-8114. Directions: Take N.Y.S. Thruway to Exit 18. Go east on Rte. 299 to Rte. 9W. Go south on 9W to Mid-Hudson Bridge. Cross Bridge. Go north on Rte. 9N. Two hours.

Vanderbilt Mansion is an enormous, opulent mansion built by the American millionaire to provide a place to entertain and house hundreds of guests in lavish style at one time—as was the practice of many nouveau riche industrialists at the end of the century. The landscaping and the view of the Hudson from the lawns are spectacular.



Lake Mohonk Mountain House photo

West Side of the Hudson

Senate House, 312 Fair St., Kingston, tel. (914)338-2786, was the first meeting place of the government of New York in July 1776. Open Wed-Sun 9-5. Directions: Take N.Y.S. Thruway to Exit 19. At circle take exit to Washington Ave. At second light turn left onto N. Front St. Take third right onto Fair St. (One hour.)

Stone Houses, Huguenot St., New Paltz, is a group of 18th century stone homes and church built by a group of Huguenot settlers from Northern France. The buildings are charmingly clustered into a little community surrounded by fine old trees and gardens. Houses open May 11 through October 30, Wed-Sat from 10-4; Sun 1-4 except July and August 10-4. Tel. (914)255-1660. Directions: Take N.Y.S. Thruway to Exit 18. Take Rte. 299 west through New Paltz. Just before bridge turn right on Huguenot St. (One hour and twenty-minutes.)

Lake Mohonk Mountain House, tel. (914) 255-1000, is a resort hotel located on a small lake atop a mountain near New Paltz. The hotel, a Victorian wonder with turrets, porches and gingerbread, is extraordinary in its preservation of a gracious style long abandoned by most commercial hostelleries. Well-maintained gardens and walking paths are open to day visitors as is the dining room. Reservations are required for the dining room. This resort has great appeal for those of all ages interested in physical activity in a healthy environment. Directions: Take Exit 18 from N.Y.S. Thruway. Turn left on Rte. 299. Pass through New Paltz. After crossing bridge turn right. Bear left and follow Mountain Rest Road to Mohonk Gate. (One hour and twenty-five minutes.)

East of Albany

Vermont

Bennington, Vermont, is a charming New England town with many things for the visitor to see and do. The approach to Bennington is itself splendid. Route 7 comes to a rise at the border between New York and Vermont and all the beauty of rural Vermont is on display. Although the area is lovely throughout the year, it is particularly spectacular in the autumn. Directions: Take Rte. 7 to Bennington (One hour.)

In addition to scenic beauty Bennington offers historic sites, museums, and stores, presented here more or less in order for the visitor approaching from the Albany area.

Old Bennington Country Store, 39 West Road, displays a wide variety of rustic goods, from cookie cutters to pine pillows, and carries Vermont cheese and syrup, penny candy and miniature toys. Children also enjoy the atmosphere of the simple past so carefully preserved in this shop.

Yankee Notions, adjacent to Old Bennington Country Store, features old time fabrics and needlework.

Old First Church is a beautiful, graceful church, awesome in its eloquence of line and simplicity of decor. Built in 1805, it still functions as an active center of worship. For this reason, visiting hours are somewhat dependent upon the needs of the congregation. However, even from the outside the church is a pleasure to see.

Beside and behind the church, enclosed in a splendid white fence, is **Old Burying Ground**, the cemetery in which rest the founders of the town, many soldiers from the American Revolution, as well as Robert Frost, the poet. The tomb markers, many of Puritan style, are of interest to students of art, history and religion.

Walloomsac Inn, a building which always attracts attention and invites comment, has functioned as a haven for travelers since it was built in 1764. Among its illustrious guests have been Jefferson, Madison, and T. Roosevelt. It has been run by the same family for over ninety years. It is open mid-May to early December.

Monument Avenue, the street which extends up from the inn and church, is lined with magnificent colonial homes and beautiful trees.

Bennington Battle Monument is an obelisk commemorating the defeat of British Troops by the Green Mountain Boys. A tourist office located at the base of the monument provides information and access to the tower which visitors may climb. Admission.

Bennington Historical Museum is a regional museum which features early American furniture, glass, paintings, and sculpture and a collection of Bennington pottery. At the same site is a museum displaying the works of Grandma Moses, the American primitive painter. Open 9-5 every day; closed Dec 1-March 1. Admission.

Potters' Yard is a collection of shops all worthy of a visit. Of particular note is **Bennington Potters**, 324 County St., which has both a display room-sales room and a grist mill where factory seconds and overruns of this fine pottery are sold. Also for sale are interesting candles, placemats, napkins, prints, cookware and wools. Tours of the factory are available by reservation. Tel. (802)447-7531.



Manchester, Vermont, is another beautiful old Vermont town with interesting places to shop and eat. Once again, getting there is half the fun, for the road from Bennington to Manchester is a scenic drive. Two of the shops most frequently discussed are Enchanted Doll House and Orvis Sporting Goods, both described in the shopping section.

Massachusetts

Williamstown, Massachusetts, is an interesting place to visit for several reasons, beauty being the first. Williamstown is so like the college town of fiction—a small New England town with splendid old trees, wide streets, beautiful colonial homes, impressive fraternity houses, small tweedy shops, well-dressed students, and ever-so-slightly rumpled professors—that it seems more like a Hollywood set than a real town.

In addition to serving as idyllic home for **Williams College**, an excellent undergraduate college of liberal arts, Williamstown is the home of the **Clark Institute**, a gallery of fine arts. The display features a major collection of the French Impressionists, as well as beautiful porcelains, silverware and works of the Old Masters. It was established by Sterling and Francine Clark, heirs to the Singer sewing machine fortune. The Institute is open Tu-Sun, 10-5.

Shops in Williamstown are very good. Especially recommended are book stores, sporting goods shops and The House of Walsh, which sells men's and women's tailored clothes.

Directions: Take Rte. 787 north to Rte. 7 through Troy to Rte. 2. Follow Rte. 2 to Williamstown. (One hour.)

The Berkshires

The Berkshires is a region in Western Massachusetts united as much by its common pursuits as by its geography. Chosen almost simultaneously by the 19th century artistic colony and the affluent as a center for their summer lives, the area has remained to this day a focal point of literature, music, dance, and the expressive arts. Many of the mansions built as "summer cottages" in the opulent era at the end of the last century have become schools, monasteries, convents and inns. Writers, composers and choreographers as well as performing artists continue to flock to the area, especially in July and August.

General tours of the area are interesting, but some places in and around Stockbridge and Lenox serve as focal points.

The Berkshires Summer Guide, a very helpful booklet, is available through Berkshire Vacation Bureau, 205 West St., Pittsfield, MA 01201.

Stockbridge is a charming town in the valley. Information about its history, its points of interest and its most famed citizen, Norman Rockwell, are readily available in restaurants and stores or at the Visitor Information Booth opposite the Red Lion Inn. Directions: Take I-90 to NYS Thruway to Mass. Pike. Take Exit 2. Go south on Rte. 102 to Stockbridge. (One hour.)

The Red Lion Inn, Main Street, Stockbridge, has served travelers since 1773 when it was a stagecoach stop. The inn serves fine meals. Many travelers plan their day in the Berkshires around a stop at this historic spot.

Berkshire Garden Center, Stockbridge, is a non-profit horticultural center established "to educate its members and the public in the art and enjoyment of growing things." On display are types of garden settings, formal plantings, vegetable plots, rock gardens, and greenhouses, including a solar greenhouse. Free.

Chesterwood, the home and studio of sculptor Daniel Chester French, is a fascinating place, for on display is the plaster cast French used to model the statue of the seated Lincoln now located within the Lincoln Memorial in Washington. Open Memorial Day weekend to October 31. Admission. Directions: From Stockbridge take Rte. 102 West two miles to Rte. 183. Turn left onto Rte. 183. Go one mile to fork in road. Turn right onto blacktop road. Take next left.

Hancock Shaker Village, Rte. 20, Hancock, Mass., tel. (413)443-0188, is a restored Shaker community showing the material and ideological contributions of the Shakers to American society. The stark contrast between Shaker lifestyle and that of contemporary America makes a visit to this village very interesting. Open June 1-October 31, 9:30-5. Admission.

Lenox, Massachusetts, is a beautiful town of interest because its setting is so picturesque and because it is the site of Tanglewood, the keystone of music in the Berkshires. Directions: Take I-90 to NYS Thruway West to Mass. Pike. Take Exit 2. Go north on Rte. 8 to Lenox. (One hour.)

Tanglewood, the summer home of the Boston Symphony, was the brainchild of three persons of imagination and will—Dr. Henry Hadley, Gertrude Robinson Smith and Serge Koussivitsky. They envisioned a center where young musicians could come to learn from masters and where the public could enjoy the fruits of their collaboration in the fresh, summer mountain air. The center, located on an estate donated to the symphony, includes the music shed for performances and other buildings for study and practice. Information about concerts is included in the section on music.

Old Sturbridge Village, Sturbridge, Mass. 01566, tel. (617)347-3362, an outdoor museum designed to recreate life in a 19th century New England town, is an interesting and entertaining spot for families to spend a day. Visitors can watch demonstrations of crafts and arts and participate in some of the events. Informative brochures outlining special occasions and giving details about hours and fees are available by mail or phone. The brochures stress that comfortable warm clothing is recommended. Directions: Take Mass. Pike to Exit 9. Follow Rte. 20 one mile east. (Two hours.)

Connecticut

White Flower Farm, Litchfield, Conn. 06759, is a botanical haven. The grounds are laid out in beautiful planned gardens so that the visitor may learn at first hand the principles of good garden design. For example, one plot has a perennial garden after one year and beside it are plots at two years and three years of age. Similarly displayed are fences and borders. The gardens are particularly breathtaking in June.

All of the varieties for sale are unique or at least unusual. A beautiful, informative catalog is published four times a year; mail orders are welcome. Directions: Take N.Y.S. Thruway East to Rte. 7S to Rte. 63. (Two hours).

West of Albany

Rensselaerville is an appealing village filled with beautifully crafted 19th century homes and the carefully preserved remnants of active though modest industry. It was in fact the original location of the Huyck Mills, one of Albany's major industries still functioning in the city as Albany International. Within the boundaries of the village are the Huyck Preserve, a site for the study of natural habitats, and the Rensselaerville Institute on Man and Science, a facility which supports study of man's use of technology. Directions: Take Rte. 85 (New Scotland Avenue) to Rensselaerville. (Fifty minutes.)

Johnson Hall, Hall Avenue, Johnstown, is the estate of William Johnson, a fascinating and significant figure in 18th Century American History. A small building to the side of the main house displays interesting memorabilia of the man and his era. Open Tu-Sat, 9-5; Sun, 1-5. Free. Tel. (518)762-8712. Directions: Take N.Y.S. Thruway to Exit 28. Take Rte. 30A North to City of Johnstown sign. Take third left onto South Perry Street. Turn left onto Main St. Follow signs for Rte. 29W to Johnson Hall. (Fifty minutes.)

Guy Park, 366 West Main Avenue, Amsterdam, is an historic 18th century home situated on lock 11 of the Barge Canal. It was built in 1766 by regional hero Sir William Johnson as a wedding present for his daughter Mary and his nephew Guy Johnson. Open: W-Sun, 9-5. Free. Directions: Take NYS Thruway to Exit 27. Go north on Rte. 30. Follow signs. (Forty minutes.)

Howe Caverns is a series of carefully lighted, interestingly presented underground caves and subterranean waterways. The one hour twenty minute tour and underground boat ride leaves at frequent intervals. Visitors should bring a sweater or jacket as the temperature in the caves is 52 degrees. Open 9-6 year round except Christmas, Thanksgiving and New Year's Day. Admission. Directions: Take Rte. 20 West to Rte. 7. Follow signs to Howe Caverns. (Forty-five minutes.)

Cooperstown is a picturesque but vital town filled with points of interest for the visitor. Directions: Take Rte. 20 west to Cherry Valley. Go south on Rte. 166. Past Middlefield go east on Rte. 80 to Cooperstown. (Two hours.)

The town itself, with its beautifully maintained homes and gardens is pleasant to see.

The Farmer's Museum depicts in believable fashion the life of early rural settlers in N. Y. State. Men and women on the staff use authentic tools to perform manual arts at which all colonists were skilled. Open daily 9-5 except Christmas, New Year's and Thanksgiving. Admission.

Fenimore House is a museum containing American folk art, painting and articles related to James Fenimore Cooper. Open Sept-June, 9-5; July and August, 9-9. Closed Monday in winter, Christmas, New Year's and Thanksgiving. Admission.

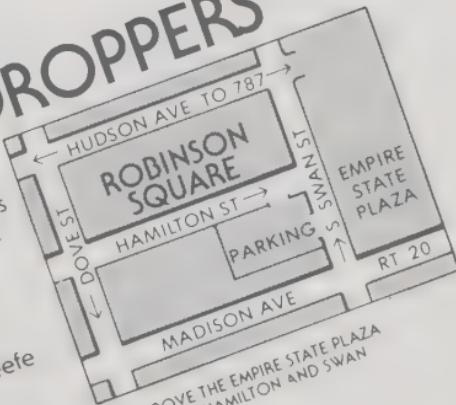
National Baseball Hall of Fame and Museum contains mementos of great moments in the sport generally believed to have been born in this little town. Great excitement fills Cooperstown on the day new members are inducted and on the day of the annual Old Timer's Game, early in August. Tickets are sold well in advance of this last event. Admission. Open Nov-April, 9-5; May-Oct, 9-9. Tel. (607)547-2533.

Otesaga Hotel is a fine old resort that stands at the foot of Lake Otsego. The golf course is excellent. Buffet luncheon is served on the terrace during the summer. Tel. (607)547-9931.

Cooper Inn, an elegant house in the village, offers accomodations to travelers. Guests may use other facilities of the Otesaga Hotel. Tel. (607)547-2547.

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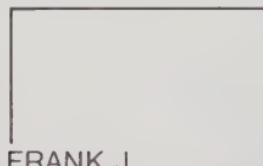
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